LIMITED WARRANTY

This product is for one year limited warranty commencing on the date of purchase. The product will be free from defects in material and workmanship for one year from the date of purchase.

O Warranty does not cover the batteries, damages due to misuse, abuse or accidents, cracked or broken cases, negligence of precautions, improper maintenance or commercial use.

O Warranty is void if the repairs are done by non authorized service technician.

O The warranties contained herein are expressly in lieu of any other warranties including implied warranty of merchantability and/ or fitness for purpose. In no event shall manufacturer be liable for any damages, direct or incidental, consequential or special, arising out of or related to the use of this manual or the products described herein.

O During this warranty period (one year) the product will either be repaired or replaced without charge.

Wireless Cycle computer -
CY-100APC (2 RF Channels)

Bion

98 36.8 KM/H

CLK 1:09:01

CY-100APC

Cycle Computer - CY-100APC with Heart Rate Function

Congratulation!

You have decided for a cycle computer to help you achieve your health & wellness. It gives you the true image of your exercise work in precise way.
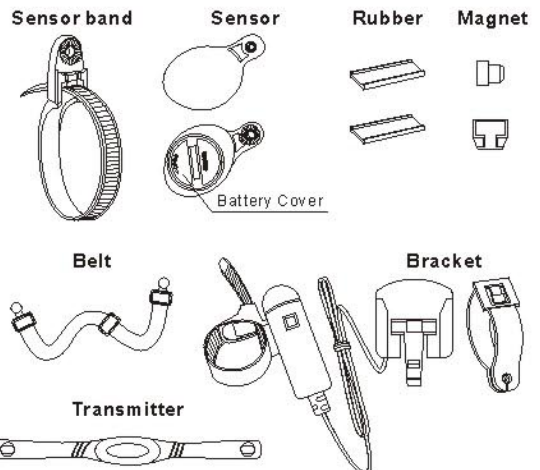
CY-100APC is designed to give feedback required by the most discerning cyclists, in which is with all the functionality on one large easy to read display. **CY-100APC** is a premier cycle computer for your challenge ride & heart rate training with ECG accurate. With the wireless technology, users can enjoy their cycling.
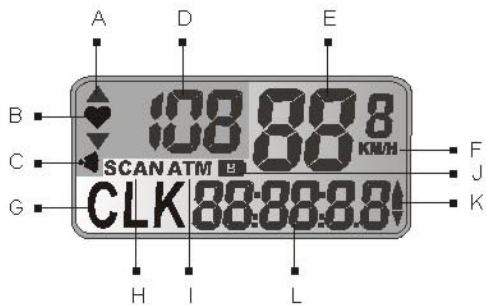
Before use **CY-100APC**, please read through the manual that guides you on how to operate it correctly & quickly. **CY-100APC** offers you very useful features to customize your exercise and gain the best & accurate measurement. After exercise, you may view your fitness result by pressing the button. It would be better to keep this manual for reference.

Item List

CY-100APC Cycle Computer

Battery Cover

Mode key   Set key   Start/ Stop key

| Sensor band | Sensor | Rubber | Magnet |

Battery Cover

Belt   **Bracket**

Transmitter

A.) Alarm Symbol of Upper/Lower Heart Rate Limit
B.) Heart Rate Symbol
C.) Heart Rate Alarm
D.) Heart Rate Display
E.) Speed Display
F.) Speed Scale Symbol
G.) MODE Symbol
H.) SCAN
I.) ATM (Auto Time Mode)
J.) Low Battery Indicator
K.) Average Speed Symbol If Upper/ Lower Current Speed
L.) Sub Display

How to Use it as Cycle Computer

1) Wheel Circumference

To get the accurate result, the wheel size should be correct. Mark the symbol on the tire and ride one circle. Then measure the length between two points that result comes out.
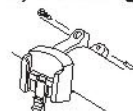
Or you can get wheel circumference by the following equation:

Circumference (Ccm) = 2x3.14xR (inch) x2.54 (1 inch = 2.54 cm)
R=Radius in centimetre

2) Installing the Bracket

Use the rubber pad tightens the bracket to the handlebar stem.

3) Installing the Speed Sensor

Check the position of the front pork to find the suitable point to attach the speed sensor. The distance between **CY-100APC** & the speed sensor would be in 60 cm.

4) Installing the Magnet

Put the Magnet on the right spokes of the front wheel and must face the speed sensor. The max distance between the speed sensor and the spoke magnet should be 5 mm. Once above items in the right position, you may go for a ride.
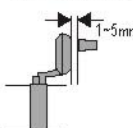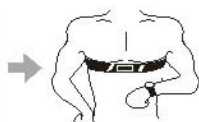
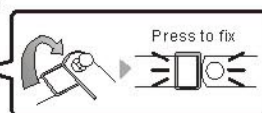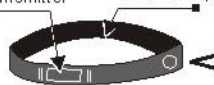**Note:** Please check the handlebar that can be operated normally before riding your bicycle.

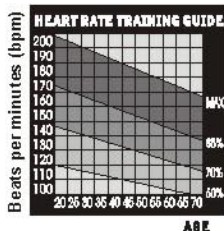## How to use it as heart rate monitor

The transmitter should be positioned right below the breasts/ pectoral muscles.

The strap should be comfortable, but secure.

Transmitter   Elastic Strap

Press to fix

Note: Do not use CY-100AP near high voltage power cables.

Training Areas:
50% - 60%   Maintain Fitness
60% - 70%   Endurance
70% - 80%   Slight Resistance
80% - 90%   Sustained Resistance

Maximum Pulse Limit (MPL/bpm) = 220-Age
For Maintain Fitness TZ setting:
Max HR = 60% * MPL
Min HR = 50% * MPL

○ Target zone will vary for each individual, depending on Age, Personal fitness goals, Existing health considerations (High blood pressure, circulation or respiration), Medications and Doctor's recommendations.

CY-100APC Feature List

Watch Feature
-- Time of the Day
-- Stopwatch
-- Low Battery Indicator
-- Water Resistant
-- Easy to Read Large Display

HR Feature
-- ECG Accurate
-- Current Heart Rate
-- Average Heart Rate
-- Maximum Heart Rate
-- Adjust Heart Rate Limits
-- Out of Target Zone Alarms
-- One-Touch Button for Audible Alarm

Special Feature
-- User Settings
-- Total Exercise Time
-- Cumulative Calories of the Active Exercise
-- User Changeable Batteries (Transmitter and Receiver sensor)
-- Comfortable Ultra-slim Ergonomic Chest Belt Transmitter
-- State-of-art Stylish Design

Cycling Feature
-- Trip Distance
-- Intelligent & Elegant Wheel MOTION Device
-- Accurate Current Speed
-- AVG Speed with Indicator
-- Max. Speed
-- Miles or Kms
-- Multi-Windows Displays
-- ATM (Auto Timer)
-- Odometer
-- Wireless
-- Wireless 2 Channels

Cadence Feature
-- Accurate Current Cadence
-- AVG Cadence
-- Max. Cadence

Mode Change

- Press "M" key to change mode.

CLK MODE (Clock Mode)
12/24H and Time switch

STW MODE (Stop Watch Mode) TM MODE (Auto Timer Mode)
Current Speed

MXS MODE (Max Speed Mode)

AVS MODE (Average Speed Mode)

DST MODE (Distance Mode)

ODO MODE (Odometer Mode)
KM/H & M/H and Wheel Size (from 64 to 300 cm) switch

CCD MODE (Current Cadence Mode)

MCD MODE (MAX. Cadence Mode)

AVD MODE (AVG. Cadence Mode)

MHR MODE (Max. Heart Rate Mode)
Max & Min Heart Rate Setting

AHR MODE (Average Heart Rate Mode)

KCAL MODE (K Calories Mode)
User Data (Gender/ Weight Unit Kg & Lb
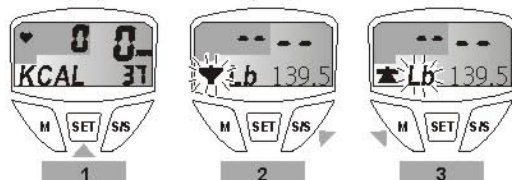Switch/ Weight) Setting

**SCAN MODE (Scan Mode)**

⑦

OPERATION PROCESS
User Set

In order to get the exact exercise result, enter your personal Data (Gender/ Weight Unit Switch/ Weight) into computer is necessary.

| 1 | 2 | 3 |

- Go KCAL MODE by pressing "M" key, then press "SET" key to go User Set. By pressing "S/S" key & "M" key alternatively to enter the correct personal data. Press "SET" key when complete.
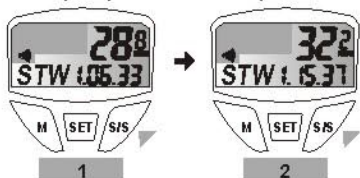
Functional Set

CLK MODE (CLOCK MODE)

| 1 | 2 | 3 |
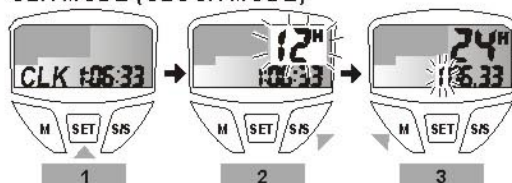
- Press "SET" key .
- Press "S/S" key to adjust 12/24 hours.
- Then press "M"& "S/S" key to adjust time. When complete, press "SET" key.

⑧

STW MODE (Stop Watch Mode)

| 1 | 2 |

- Press "S/S" Key to start/ stop STW MODE.

TM MODE (Auto Timer Mode)

- When in the STW MODE, press "SET" Key in switch to TM MODE.
- **Note:** Auto Timer would operate automatically when there is motion.
- **Note:** Importantly, when press the "S/S" key for 3 seconds, all exercise results in display would return to Zero, except ODO mode.

Heart Rate Target Zone Alarm

⑨ ● Press "S/S" key to make the symbol of the alarm.

Turning the Heart Rate Zone Alarm on / off
Note that yo can not use the alarm when Bicycle functions are on.

Low Battery Indicator
When the battery is at low level, the "▪" will appear on the display that remind you to replace a new battery - CR2032 batteries.

- Press "S/S" key, the HR alarm will show up/ disappear alternatively. The alarm won't sound when speed function works.

Measure Mode

Current Speed
When the user works, the computer will show his/her current speed as shown in picture.

MXS MODE (Max Speed Mode)
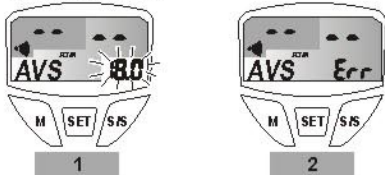It would display user's Max Speed from the beginning to the current point.

⑩

AVS MODE (Average Speed Mode)

It would display user's Average Speed from the beginning to the current point.

Note: *If your time or distance is over the max. Value (time 9 hr: 59 min: 59 sec) & (Distance: 999.99km),* **CY-100APC** *will not allow to measure correct average speed and show "Err" on the display. Once the time & distance value has been re-set, the average speed will show normally.*

| 1 | 2 |

DST MODE (Distance Mode)

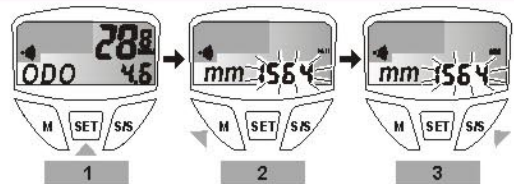It would display user's distance from the beginning to the current point.

ODO MODE (Odometer Mode)

Display total RPM from the beginning to the current point.

Note: *Odometer mode will return to Zero, when battery taken out.*

Note: *Importantly, when press the "S/S" key for 3 seconds, all exercise results in display would return to Zero, including ODO mode.*

⑪

**Set the wheel size from 100 mm to 2999 mm**

● By pressing "SET" key to setting mode, then press "S/S" & "M" keys alternatively to select the switch of Km/h or Mile/h and then to chose the right wheel size. For further this information, please refer to 1) wheel circumference on page 4.

MHR MODE (Max. Heart Rate Mode)

● Press "M" key to see the record of Max heart rate from the beginning to the present point.

Max & Min Heart Rate Target Zone Setting

| 1 | 2 |
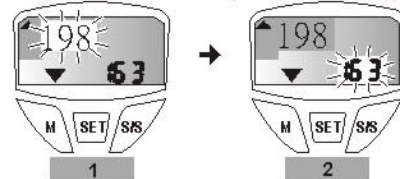
Note: *When in MHR or AHR mode, by pressing "SET" key into MAX/ ARH setting mode. Then by pressing "M" key and "S/S" key alternatively to adjust Max & Min heart rate target zone (Ref. How to use as heart rate monitor).*

⑫

AHR MODE (Average Heart Rate Mode)

● Press "M" key to see the record of Average heart rate from the beginning to the present point.

KCAL MODE (K Calories Mode)

● Press "M" key to see the record of Calories consumed from the beginning to the present point.

SCAN MODE (Scan Mode)

When in Kcal mode, press "M" key, then the icon of scan will appear that cycle computer will automatically scan your current active result in different mode from CLK, STW, MXS, AVS, DST, ODO, MHR, AHR to KCAL. It will automatically switch from one mode to another one every 4 seconds.

⑬

CY-100APC cycle computer

If the display contrast changes and figures become faint, it's time to replace the computer battery. Consider changing the computer sensor and transmitter batteries at the same time.
It's a good practice.

Note: *Do not expose* **CY-100APC** *computer to extremely cold or hot temperatures i.e. don't leave your unite in direct sunlight for extended periods of the time.*

Transmitter

Never scrap the rubber electrode surface. The first signs of a worn out transmitter are often erratic heart rate numbers which jump up and down. To extend the life, avoid bending the electrodes.

Sensor

Check the position of sensor and magnet periodically. For current measurement, the sensor, magnet should not get wet/ rust. Or it may cause function error.

Bracket/Magnet/Sensor band

The above items can be rinsed in surface fresh water or washed with a mild soap.

⑭

Battery replacement

Transmitter: Unscrew the battery cover located on the back of the transmitter. Remove the new battery, model CR2032, with the (+) side facing up.
Replace the cover and tighten screws.

CY-100APC computer: Unscrew the back cover. Look closely at the battery. Gently remove the battery and replace it with a new battery model CR2032. the (+) side facing up.

Sensor: Unscrew the back cover. Look closely at the battery. Gently remove the battery and replace it with a new battery - model CR2032. the (+) side facing up.

Note: Be careful not to over tighten and strip the casing.

TROUBLESHOOTING

1. Heart rate does not show up:
Make sure that you have good contact between the electrodes and your skin. Re-moisten the electrodes. Make sure your chest belt fits securely and is properly positioned at the center of the chest. The transmitter battery may be worn out. Replace the battery. Make sure the battery is installed correctly with the (+) side facing up.

2. Display is black or very light:
The battery power may be low. Try a new battery to make sure the battery is installed correctly.

3. Display becomes dark or black:
The unit is too hot. Place the unit in a shaded area, and it should return to normal.

4. The unit operates slowly or struggled:
The unit is too cold. Warm the unit, and it should return to normal.

5. Heart rate varies enormously:
Make sure your chest belt fits securely and is properly positioned at the center of the chest.

Check your surroundings for electromagnetic or high energy interference and move away from the source of interference.

6. Data in display shows slowly
It may be affected by low temperature factor but it didn't influence the function reading. When the temperature rises, the data reading/switch will back to the normal.

7. Current speed does not appear
It may be caused by the following situation:
The distance & position between magnet and sensor to adjust.

SPECIFICATIONS

Stopwatch Range: 0~9 (hour): 59 (minute): 59 (Second) Accuracy 1/100 seconds

Timer Range: 0~9 (hour): 59 (minute): 59 (Second)

Current Speed Range: 0~99.9 KM/ 0~62 Mile

Average Speed Range: 0~99.9 KM/ 0~62 Mile

Maximum Speed Range: 0~99.9 KM/ 0~62 Mile

(Trip) Distance Range: 0~999.99 KM/ 0~600 Mile

Odometer Range: 0~9999.9 KM/ 0~6200 Mile

Maximum Heart Rate Range: 30~240 bpm

Average Heart Rate Range: 30~240 bpm

Calories Used Range: 9999 Kcal

	Receiver	Transmitter & belt	Speed Sensor
Heart Rate Range	30 to 240 beats per minute		
Heart Rate Accuracy	± 1 beat per minute		
Operating Temperature	0℃ ~ 40℃	0℃ ~ 40℃	0℃ ~ 40℃
Storage Temperature	-14℃ ~ 10℃	-14℃ ~ 10℃	-14℃ ~ 10℃
Battery	3 volt lithium 2032 cell	3 Volt lithium 2032 cell	3 volt Lithium 2032 cell
Weight	30.6 grams	65 grams ± 5% (Including belt)	20 grams
Emmited Frequence		5KHz± 10%	215KHz± 5%

IMPORTANT Health Notice!

Please read over the following information before using the Cycle Computer.

- Never use the Cycle computer in combination with other medical/ implanted electronic equipment and device (especially heart pacemakers. ECG equipment, TENS equipment, cardio-pulmonary machines and pacemaker).

- If you have a sever illness or pregnant, please consult with your personal doctor before using Cycle computer.

- Keep the device out of reach children. It contains batteries, which might be swallowed by children.

Incorrect Heart rate monitor measurement may be happened in the following groups

- Children aged below 9 years
- Adults aged above 80
- Pregnant women
- Persons with edemas
- Dialysis patients
- Professional athletes or bodybuilders

Tire Scale	L (cm)	Tire Scale	L (cm)
14 x 1.50	102	26x1.75	202
14x1.75	106	26x1.95	205
16x1.50	119	26x2.00	206
16x1.75	120	26x2.10	207
18x1.50	134	26x2.125	207
18x1.75	135	26x2.35	208
20x1.75	152	26x3.00	217
20x1-3/8	162	27x1	215
22x1-3/8	177	27x1-1/8	216
22x1-1/2	179	27x1-1/4	216
24x1	175	27x1-3/8	217
24x3/4 Tubular	178	650x35A	209
24x1-1/8	179	650X38A	212
24x1-1/4	191	650X38B	211
24x1.75	189	700X18C	207
24x2.00	192	700X19C	208
24x2.125	196	700X20C	209
26x7/8	192	700X23C	210
26x1(59)	191	700X25C	211
26x1(65)	195	700X28C	214
26x1.25	195	700X30C	217
26x1-1/8	190	700X32C	216
26x1-3/8	207	700C Tubular	213
26x1-1/2	210	700x35C	217
26x1.40	200	700X38C	218
26x1.50	201	700X40C	220