Bluetooth 4.0
Cycling Computer

User Manual

Cyclaid 10

Bluetooth® SMART

ALATECH

www.alatech.com

Thank You

Thank you for purchasing ALATECH Cyclaid 10, Bluetooth Cycling Computer !

Your Cycling Computer employs low power Bluetooth 4.0 technology for you to exercise together with mobile devices or sensor accessories.

It helps a lot in your daily exercise training program.

About this manual

- Please read this manual carefully before using this product for its correct and effective use.
- Icons you may find in this manual:

	Notes.
	Tips and remarks.
Appendix	For other information and battery replacement, please refer to appendix.

- Please download and view the latest release of this manual at www.alatech.com.

Items included with your product

- **Cyclaid 10** Bluetooth 4.0 Cycling Computer
- Accessories: Holder, Fixing Pad, Cable Ties and CR2032 button battery
- Quick Start Guide
- Warranty Card

Trademark

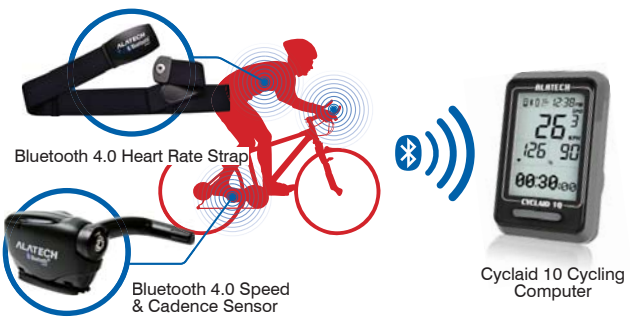
- Bluetooth® is the registered trademark of Bluetooth SIG, Inc.
- Apple, Mac OS,iPhone, iPad, Multi-Touch are trademarks of Apple Inc.
- "HTC ONE" is a registered trademark of HTC Corporation.
- Android is a trademark of Google Inc.

1-1 Applications

Please refer to the following application and operation index to know more about using your Cyclaid 10.

Use with sensor alone:

Your Cycling Computer may connect to two sensors with low power Bluetooth 4.0 technology[Note 1] at the same time.



Bicycling with your smartphone:

Bicycling with your smartphone or mobile devices connected with low power Bluetooth 4.0 technology[Note 2].

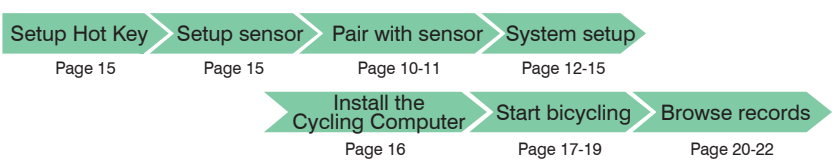
- Note 1: Compatible with ALATECH Heart Rate Strap (model CS009/CS010/CS011/CS012) ALATECH Speed & Cadence Sensor (model SC001BLE/SC002)
- Note 2: Compatible with any device running iOS 5.0 or Android 4.3 or later and featuring Bluetooth 4.0 (require installation of App: **ALA COACH+**).
- For more information on compatible mobile devices and supported accessories, please refer to page 23 or browse web site at www.alatech.com.

Application cross reference table:

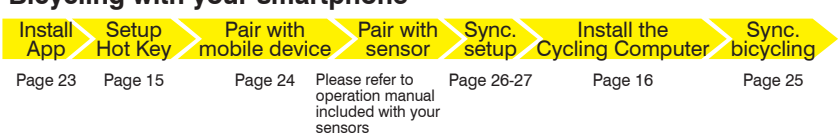
	Application	Exercise readings						Recording method		
		Heartbeat	Calories	Distance	Speed	Cadence	Slope and height	Track	Diagram	Summary
Bicycling together with your smartphone		●	●	● Mobile phone GPS	● Mobile phone GPS		● Mobile phone GPS	● Mobile phone GPS	●	●
				●	●	●	● Mobile phone GPS	● Mobile phone GPS	●	●
		●	●	●	●	●	● Mobile phone GPS	● Mobile phone GPS	●	●
Use with sensor alone		●	●							● Cycling Computer
				●	●	●				● Cycling Computer
		●	●	●	●	●				● Cycling Computer

Operation index:

Use with sensors



Bicycling with your smartphone



- Please pair the optional sensor device with your cycling computer before its first use. (Page 10-11)
- Please complete the following pairing before using it together with smartphone for the first time:
  1. Pair the Cycling Computer with your smartphone or mobile device. (Page 24)
  2. Pair the optional sensor with your smartphone or mobile device.

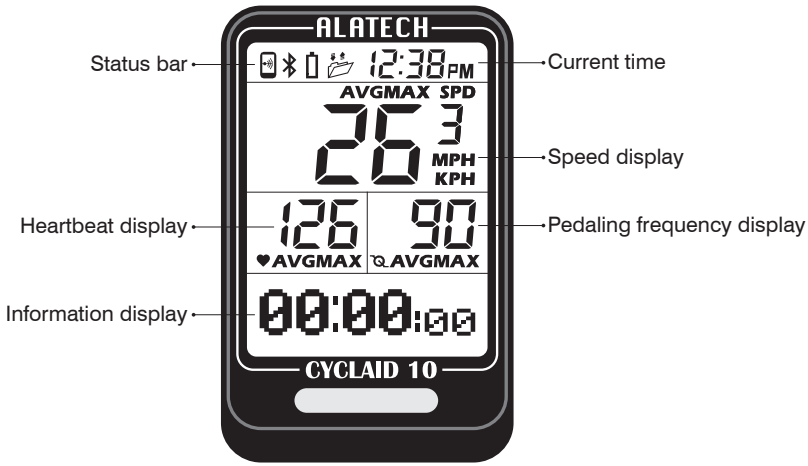
1-2 Keys

- OK
- In the standby mode, this may be the: Exercise Hot Key or Smartphone Hot Key
- Start bicycling
- Turn backlight

- Right/Down arrow key

- Exit/Back
- Stop bicycling

- Press and hold the ←/↺/▬ keys until the screen fully display to reset the Cycling Computer.
- Do the basic setups described in page 12-15 after Cycling Computer reset. If you have setup Cycling Computer with the ALA COACH+ App, you may re-sync settings to your Cycling Computer as described in "Phone sync" on page 26-27.

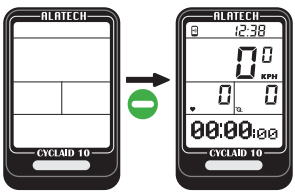


Symbol	Name	Symbol	Name
	Connection to Mobile Phone		Target Achievement Trophy
	Connection to Sensor	SPD	Speed
	Battery 100% to 70% Indicator		Heartbeat
	Battery 70% to 40% Indicator		Pedaling Frequency
	Replace Battery Indicator	AVG	Average
	Upload File	MAX	Maximum
AM	AM	MPH	Speed in Imperial UOM
PM	PM	KPH	Speed in metric UOM

- Screen of the Cycling Computer sleeps when the latter being in standby mode.
- The screen displays symbol of currently active mode or the one you are about to enter into.

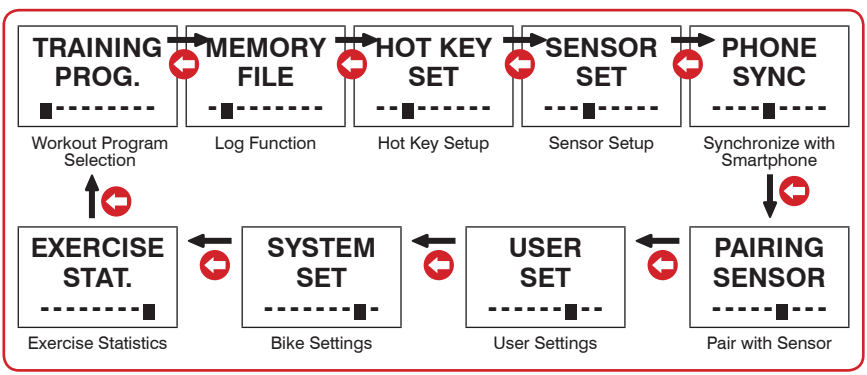
1-4 Switch the Function Mode

When using your product for the first time, press ⬅ to turn on Cyclaid 10 and select to English, Deutsch, Français, Español, Italiano, Português[Note 1]. After completing the language selected at the first time, press ⟲ to exit to standby mode, and then please refer to below instructions for use this product.



Bicycling Mode

1. In standby mode, press ▬ to enter the bicycling mode[Note 2].
2. In standby mode, press ⬅ to switch the screen to individual window[Note 3].
3. In the selected window, press ▬ to enter.
4. Press ▬ to switch flashing setup item or page, press ⬅ to change settings.
5. Press ⟲ 2~3 times in any window to exit to standby mode.



Standby mode

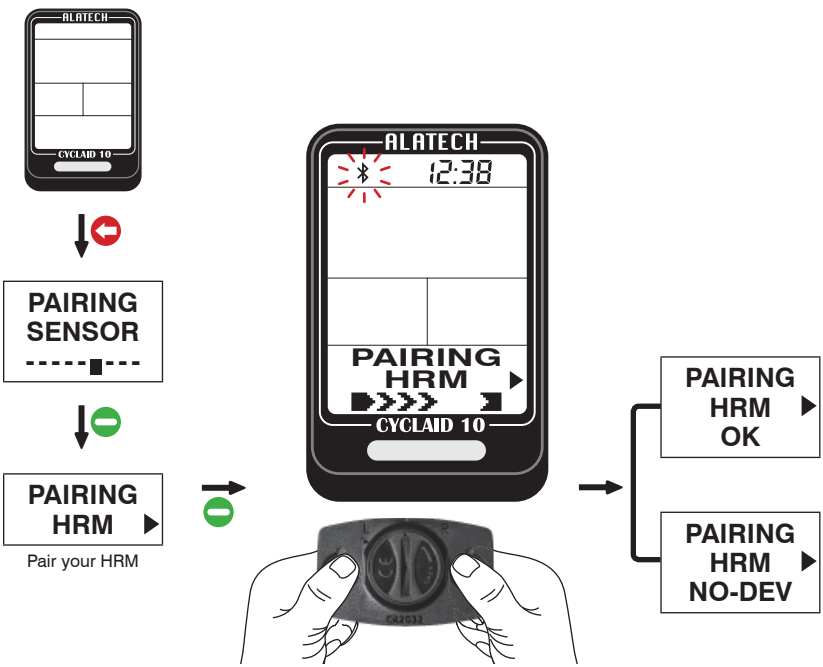
- Note 1: If you have already setup the Language Settings once, you can change it by going to **SYSTEM SET** > **LANGUAGE**.
- Note 2: In standby mode, press ▬ to switch to bicycling mode (refer to page 15 Hot Key setup) and the screen will start the timer until the sensor and/or mobile connection is ready (the ᛒ or 📱 appears on the status bar).
- Note 3: Press ⬅ to switch to individual setup window in standby mode.

Function modes:

Function modes	Description
TRAINING PROG. ■--------	1.Your Cycling Computer comes with low, moderate, and high exercise intensity and customizable training programs including: target heart rate zone and target time, distance, and calories. (Page 17-18) 2.Execute training program and view instant exercise information. (Page 17 and 19)
MEMORY FILE -■-------	1.You can keep up to 7 records. 2.Browse and delete file. (Page 20) 3.Upload file. (Page 21)
HOT KEY SET --■------	Switch between hotkeys. (Page 15)
SENSOR SET ---■-----	Sensor setup. (Page 15)
PHONE SYNC ----■----	Sync. with Smartphone. (Page 26-27)
PAIRING SENSOR -----■---	1.Pair with Your HRM. (Page 10) 2.Pair with Your Speed and Cadence Sensor. (Page 11)
USER SET ------■---	Setup personal data. (Page 14)
SYSTEM SET -------■-	Setup tire circumference (L), enable auto lap counting and setup single lap distance, enable backlight, setup date/ time, and change language. (Page 12-13)
EXERCISE STAT. --------■	View total exercise amount including accumulated exercise time, distance and energy burnt. (Page 22)

2-1 Pair with Your HRM

1.In standby mode, press ⬅ to point to **PAIRING SENSOR**, press ▬ to enter.
2.In the **PAIRING HRM** window, press ▬ to create Bluetooth connection and start pairing.
3.Paired successfully, message **OK** prompts, press ↩ to exit.
Pairing failed, message **NO-DEV** prompts, press ↩ to exit to **PAIRING HRM** and starts from STEP 2 again.

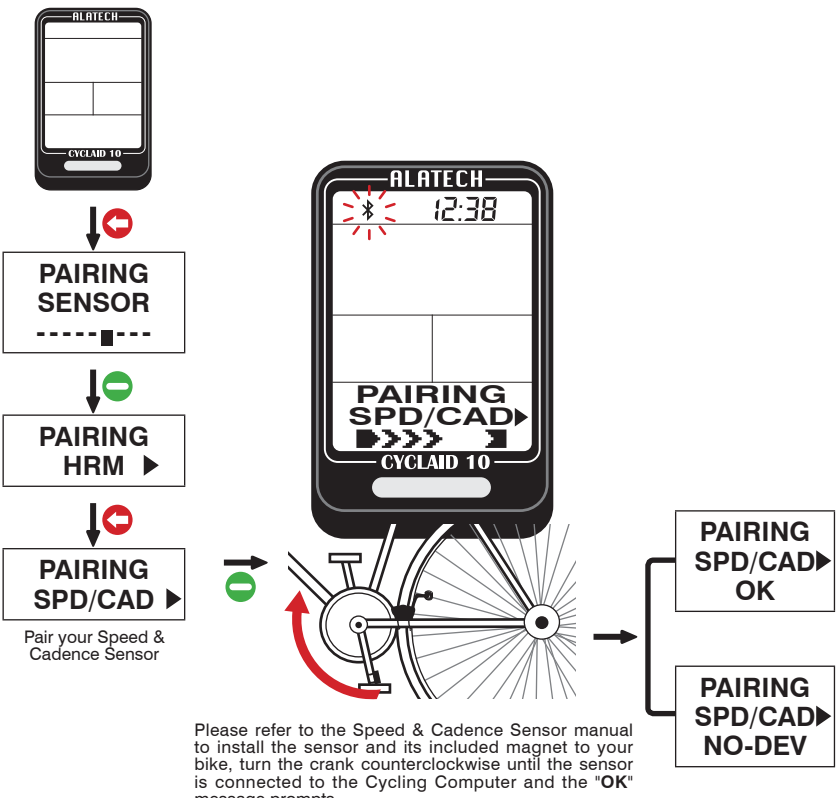


Please refer to the Heart Rate Strap manual on wearing it properly, or press and hold the metal button at the back of the heart rate sensor (HRM) with both hands until the "**OK**" message prompts in your Cycling Computer.

- Make sure **HRM** is set to **ON** in the Sensor Setup window. (Page 15)
- Keep your heart rate sensor and Cycling Computer within 10cm from each other. Keep both away from other Bluetooth devices to prevent incorrect pairing.

2-2 Pair with Your Speed & Cadence Sensor

1.In standby mode, press ◀ to point to **PAIRING SENSOR**, press ▬ to enter.
2.Press ◀ to point to **PAIRING SPD/CAD**, press ▬ to create Bluetooth connection and start pairing.
3.Paired successfully, message **OK** prompts, press ↩ to exit.
Pairing failed, message **NO-DEV** prompts, press ↩ to exit to **PAIRING SPD/CAD** and starts from STEP 2 again.



Please refer to the Speed & Cadence Sensor manual to install the sensor and its included magnet to your bike, turn the crank counterclockwise until the sensor is connected to the Cycling Computer and the "**OK**" message prompts.

- Make sure **SPD/CAD** is set to **ON** in the Sensor Setup window. (Page 15)
- Activate your Speed & Cadence Sensor before pairing by cranking to start the sensor and establish connection. Your Speed & Cadence Sensor remains awake for one minute. It goes back to sleep mode again if no Bluetooth connection is enabled.
- Keep your Speed & Cadence Sensor and Cycling Computer close to each other and away from other Bluetooth devices for correct pairing.

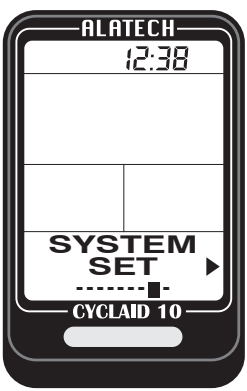
3-1 System Setup

Please setup your basic data before using your product.

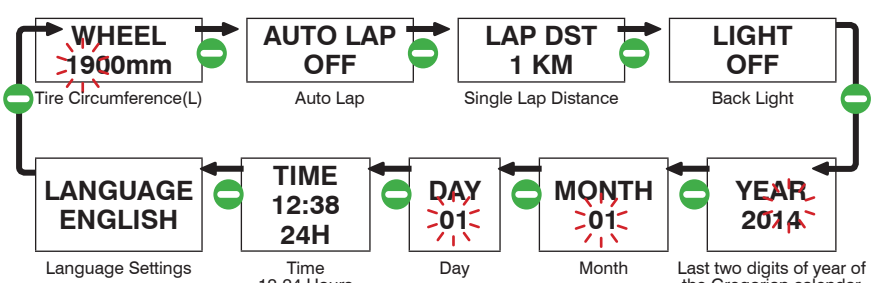
You may setup your basic data with the ALA COAH+ App on your mobile phone or devices and synchronized it to your Cycling Computer.

See Page 26-27 for its operation.

3-1 System setup



1. In standby mode, press ◀ to point to **SYSTEM SET**, Press ▬ to enter.
2. Press ▬ to point to the next setup item or page.
3. Press ◀ to change settings.
4. Press ↩ to exit after setup is completed.



Tire size:

You can find the tire size indicated at both sides of your wheel. For your reference, use the tire circumference (L) chart below.

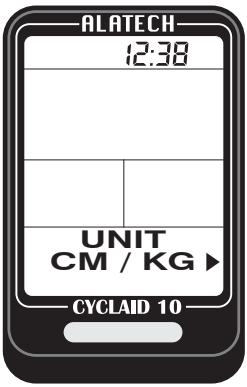
ETRTO	Tire size	L(mm)	ETRTO	Tire size	L(mm)	ETRTO	Tire size	L(mm)
	12×1.75	935	23-571	26×1(59)	1913		650×20C	1938
	14×1.50	1020		26×1(65)	1952		650×23C	1944
	14×1.75	1055		26×1.25	1953		650×35A	2090
	16×1.50	1185		26×1-1/8	1970		650×38A	2125
47-305	16×1.75	1195	37-590	26×1-3/8	2068	18-622	650×38B	2105
	18×1.50	1340		26×1-1/2	2100		700×18C	2070
	18×1.75	1350		26×1.40	2005		700×19C	2080
47-406	20×1.75	1515	40-559	26×1.50	2010	20-622	700×20C	2086
	20×1-3/8	1615	47-559	26×1.75	2023	23-622	700×23C	2096
	22×1-3/8	1770	50-559	26×1.95	2050	25-622	700×25C	2105
	22×1-1/2	1785	54-559	26×2.00	2055	28-622	700×28C	2136
	24×1	1753		26×2.10	2068		700×30C	2146
	24×3.4 Tubular	1785	57-559	26×2.125	2070	32-622	700×32C	2155
	24×1-1/8	1795		26×2.35	2083		700C Tubular	2130
	24×1-1/4	1905	57-559	26×3.00	2170		700×35C	2168
47-507	24×1.75	1890		27×1	2145		700×38C	2180
	24×2.00	1925		27×1-1/8	2155	40-522	700×40C	2200
	24×2.125	1965	32-630	27×1-1/4	2161		29×2.1	2288
	26×7/8	1920		27×1-3/8	2169		29×2.3	2326

Language Settings reference table:

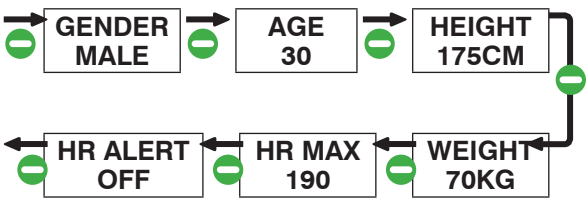
Options	Languages	Options	Languages
English	English	Español	Spanish
Deutsch	German	Italiano	Italian
Français	French	Português	Portuguese

- Tire size setup range: 1900mm (10-25) 1900mm (00-99)
- Single lap distance setup range: **1-5 kilometers**. **1-5 miles**.
- You may turn on the backlight for 5 seconds by pressing the ▬ key after the backlight option is selected.
- The back light may be too dim to be noticed under direct sun light.

3-2 User Setup



1.In standby mode, press ⬅ to point to **USER SET**, Press ▬ to enter.
2.Press ▬ to change setup page.
3.Press ⬅ to change settings.
4.Press ↩ to exit after setup is completed.



Setup page:

Setup page	Description
UNIT (Unit of measure)	•UOM option: metric CM / KG or Imperial FT / LB
GENDER	•MALE or FEMALE
AGE	•Setup range: 10-99 year-old
HEIGHT	•Setup range: 120-230 cm (3' 11" ~ 7' 5")
WEIGHT	•Setup range: 30-150 KG (67-330LB)
HR MAX (Maximum heart rate)	•Setup range: 130-220 bpm
HR ALERT NOTE 1	•ON or OFF

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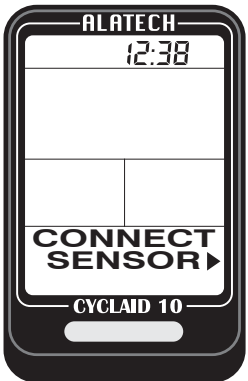
- •Please enter your age, gender, height and weight accurately as these may determine the accuracy in calculating your target training heartbeat and burnt calories range.
- •The maximum heart rate is derived from the "**Age Formula: 220 - Age**" formual automatically. It is highly recommended to change these settings only with more accurate values arrived with physicians and professional lab monitoring.
- •Note 1:If you are above your target heart rate zone limits, the heart rate value starts flashing.

3-3 Hot Key Setup



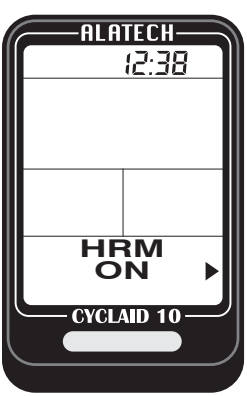
Exercise Hot Key

1.In standby mode, press ◀ to point to **HOT KEY SET**, Press ▬ to enter.
2.Press ◀ to switch between hotkeys:
CONNECT PHONE (Smartphone Hot Key) or
CONNECT SENSOR (Exercise Hot Key).
3.Press ↩ to exit after setup is completed.

Smartphone Hot Key

- Press ▬ to enter Phone Sync. Bicycling in standby mode directly once the Hot Key is set to **CONNECT PHONE**. (Page 25)
- Press ▬ to enter Bicycling Training in standby mode directly once the Hot Key is set to **CONNECT SENSOR**. (Page17-19)

3-4 Sensor Setup



Connection with
Heart Rate Strap

1.In standby mode, press ◀ to point to **SENSOR SET**, press ▬ to enter.
2.Press ▬ to switch between **HRM** or **SPD/CAD** setup screen.
3.Press ◀ to select **ON** (connect) or **OFF** (disconnect).
4.Press ↩ to exit after setup is completed.

Connection with Speed &
Cadence Sensor

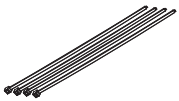
- Your Cycling Computer can connect to two Bluetooth 4.0 sensors (Heart Rate Strap and Speed & Cadence Sensor) at one time.
- Please only connect sensors required by specific exercises to save time in search for Bluetooth connections.

4 Install the Cycling Computer

Accessories included with your product:

Holder

Fixing pad

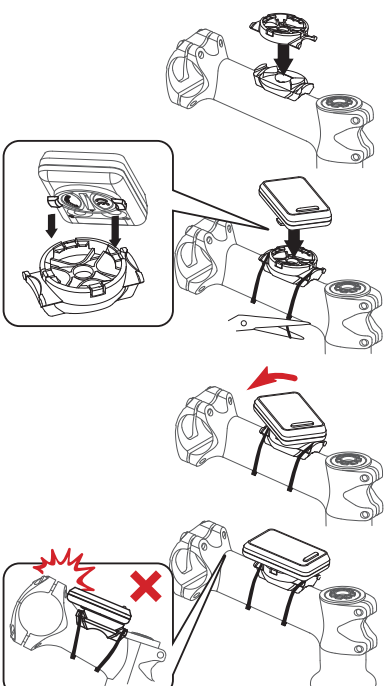


Cable Ties

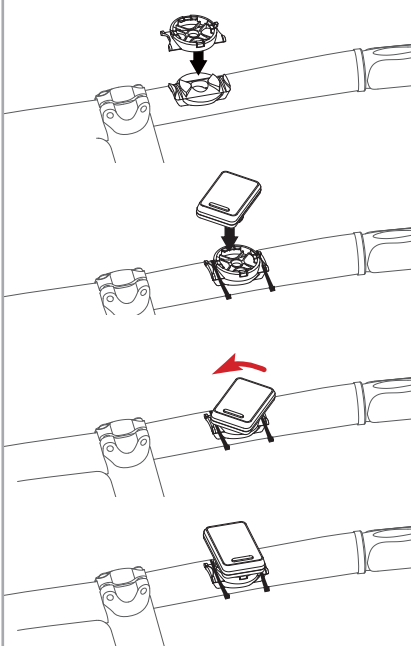
CR2032 button battery
(Please refer to page 30
for battery installation.)

Installation method:

Stem

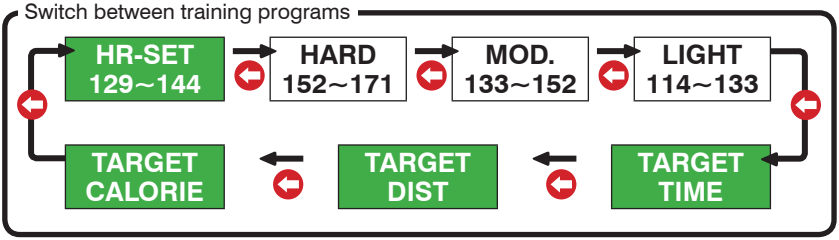


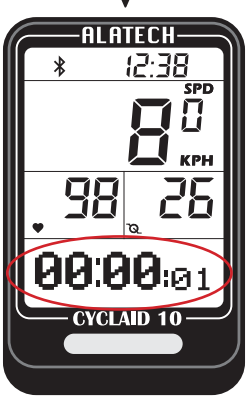
Handlebar



1. In standby mode, press ⬅ to point to **TRAINING PROG.**, press ▬ to enter.
2. Press ⬅ to switch between training programs.
3. When pointed to training target area for manual setup (e.g. the green labeled area), press ▬ to point to flashing setup item, press ⬅ to change settings. (See cross reference in page 18)
4. After setup, press ▬ to start bicycling.
5. Press ▬ to view instant information during bicycling. (See cross reference in page 19)
6. Stop bicycling, press ↩ to end, ⬅ select **Exit**, press **YES**/**NO**, ▬ to confirm, press again ▬ to view results of current bicycling, press ↩ to exit, ⬅ select **Save**, press **YES**/**NO**, ▬ to confirm, the system returns to standby mode after bicycling data is saved.

Switch between training programs





Instant bicycling screen

Change to see other information

Distance | Calories | Exercise Timing

5 Exercise Mode

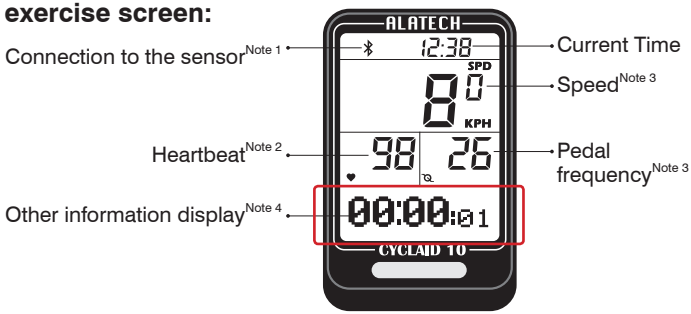
Training programs:

Training program	Name	Description
LIGHT* 114~133	Light*	•Intensity: 60~70% of the maximum heart rate. •Application: health upkeep and weight control.
MOD.* 133~152	Medium*	•Intensity: 70~80% of the maximum heart rate. •Application: aerobic exercise and advanced fitness training.
HARD* 152~171	Strong*	•Intensity: 80~90% of the maximum heart rate. •Application: sports games and athletic training.
HR-SET 129~144	Target Heart Rate Zone	•Setup range: **129~144** (lower limit **70-144 bpm**) **129~144** (upper limit **144-220 bpm**)
TARGET TIME	Target Training Time	•Setup range: **0 : 30** (**0-99 hours**) **0 : 30** (**5-55 minutes**)
TARGET DIST	Target Distance	•Setup range in metric unit: 0.5-999.9 kilometer. •Setup range in Imperial unit: 0.5-619.5 miles.
TARGET CALORIE	Target Burning Calorie	•Setup range: 50-10,000 Cal (Kcal).

⚠

- Training program marked with "★" symbol is calculated by your Cycling Computer system according to your age setup. You may customize the target heart rate range with the **HR-SET** program.
- The upper and lower limit of heartbeat varies with your age. Please choose and set a proper training target on the basis of your physical fitness before every exercise session.
- After a custom training target is achieved, a champion trophy displays on the screen.
- Precautions before exercising:
  1. Make sure the optional sensor has been paired with your Cycling Computer. (Page 10-11)
  2. Set the Cycling Computer Hot Key to **CONNECT SENSOR**. If you have set HOT KEY to **CONNECT SENSOR**, you may skip the training program selection by pressing key ▬ in the sleep mode to start exercise timing directly. (Page 15)
  3. Please only connect sensors required by specific exercises to save time in search for Bluetooth connections. (Page15)
  4. Activate your Speed and Cadence Sensor before using by cranking to start the sensor and establish connection. Your Speed and Cadence Sensor remains awake for one minute. It goes back to sleep mode again if no Bluetooth connection is enabled.
  5. In case your Cycling Computer lost connection with the sensor during bicycling, the message "**LINK HR** or **LINK SC**" prompts, press ◀ to select option **YES** or **NO**, press ▬ to confirm your choice. If you choose option **YES**, your Cycling Computer starts searching for the sensor again, searched successfully, continue timing. If you choose option **NO**, your Cycling Computer continues the timing without searching for the sensor.
  6. If your Cycling Computer has not recieved a signal for 4 hours during bicycling, Cycling mode will automatically end and return to standby mode.

Instant exercise screen:

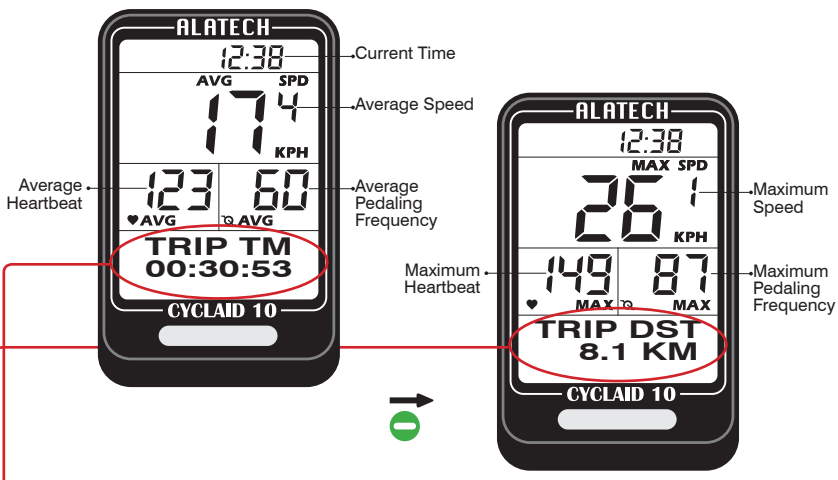


Indicator	Name	Description
SPD	Speed Note 3	•Kilometers (Miles) per hour •Display in metric unit: KPH (KM per Hour) •Display in Imperial unit: MPH (Mile per Hour)
♥	Heartbeat Note 2	•Heartbeat per minute •Display unit: BPM (Heartbeat per Minute)
	Pedal Frequency Note 3	•Pedaling frequency in minute •Display unit: RPM (Rate per Minute)
TRIP TIME	Exercise Timing	•Display format: HH:MM:SS 00:00:00
TRIP DST	Trip Distance	•The minimum metric display unit: 0.1 KM •The minimum Imperial display unit: 0.1 ML
CALORIE	Calories Note 2	•Display in unit of Kcal (Cal)
GRADIENT	Slope Note 5	•In unit of percentage (%)
ALTITUDE	Height Note 5	•The metric display unit: 1 meter (M) •The Imperial display unit: 1 foot (FT)

- Note 1: The ᛒ symbol display at top of screen once connected with the sensor and with smartphone.
- Note 2: Value of heartbeat and calories display only when worked together with Heart Rate Strap. The heartbeat reading flashes once the target area is exceeded.
- Note 3: Value of speed, pedal frequency and trip distance display only when worked together with Speed and Cadence Sensor.
- Note 4: When viewing current other information, name of the reading displays 1 second before its value does.
- Note 5: Slope and height readings derived from GPS of your phone display only when a smartphone or mobile device is connected.

6-1 Browse and Delete File

1. In standby mode, press ◀ to point to **MEMORY FILE**, press ▬ to enter.
2. Press ◀ to point to file selection, ▬ to enter, press ▬ to page through the file.
3. Viewing single lap data[Note 1]: in the **VIEW LAPS** window, ◀ select **YES**, ▬ to confirm, press ◀ to view single lap data in sequence, press ↩ after viewing to back to last page.
4. To delete a file: in the **DELETE FILE** window, ◀ select **YES**, ▬ to confirm the deletion.
5. Press ↩ to exit after the operation is completed.



Other information reference table:

File infomration	Name	File infomration	Name
TRIP TM 00:30:53	Exercise Time	**VIEW LAPS**	Select to view single lap data[Note 1] (See STEP 4)
TRIP DST 8.1 KM	Distance	**UPLOAD FILE**	Upload File (See page 21)
CALORIE 174 Cal	Calories	**DELETE FILE**	Delete File (See STEP 5)
LAPS 08	Number of Laps		

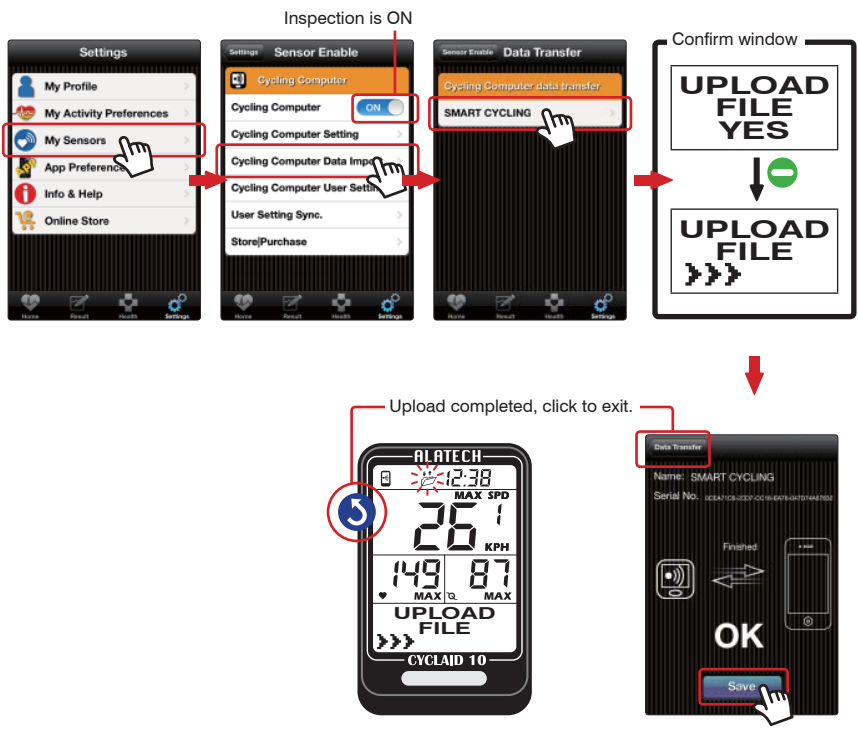
- Note 1: You may get to view average speed/heartbeat/ pedaling frequency/time per laps.
- Maximum number of laps: **50**, lap equivalence: metric: one kilometer per lap. Imperial: one mile per lap.

6-2 Upload File

1.Open **ALA COACH+ App**>Settings>My Sensors>Cycling Computer>Cycling Computer Data Import>SMART CYCLING.

2.In the Cycling Computer **MEMORY FILE**>desired file selection>**UPLOAD FILE** window, press ⬅ to select **YES**, ▬ to confirm and create Bluetooth connection, connected, press App **Start** button.

3.After the uploading is completed, the App prompts **OK**, press App **Save** button and then press the button at upper left corner to exit the mobile device, press ↩ at your Cycling Computer to exit.

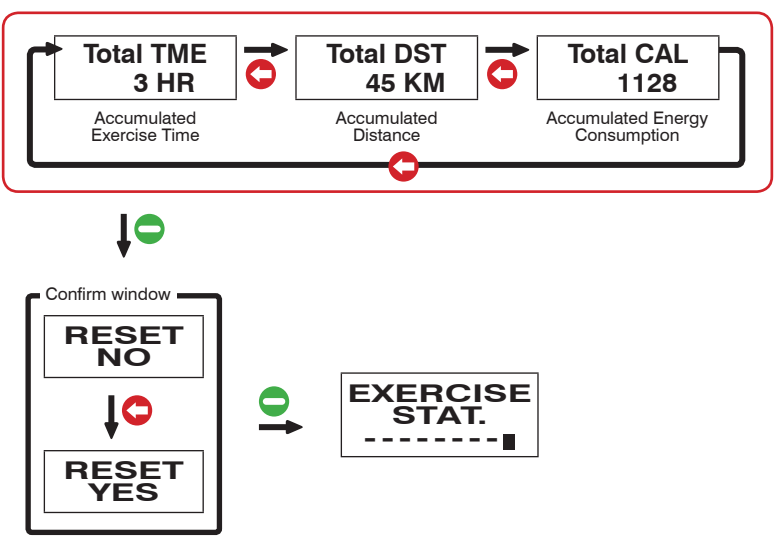


⚠

- Precautions on file uploading:
  1.Make sure the mobile device has paired with your Cycling Computer. (Page 24)
  2.Check the mobile device>Settings>Bluetooth® system and ALA COACH+ App>Settings>My Sensors>Cycling Computer is ON.

7 View Exercise Statistics

1. In standby mode, press ◀ to point to **EXERCISE STAT.**, press ▬ to enter.
2. Press ◀ to page through accumulation data.
3. Press again ▬ to enter the **RESET** window. To reset accumulation data[Note 1], ◀ select **YES**, ▬ to confirm your choice.
4. Press ↩ to exit after the operation is completed.



- Execute **RESET** to clear total exercise amount data.
- The **RESET** function does not erase the exercise file. To delete it, go to **MEMORY FILE**, and select individual file for deletion.

8-1 Install App and Enable the Bluetooth Function

Please install the ALA COACH+ App on your mobile device before connecting to it and open your mobile device's Bluetooth® function for functions including pairing, synchronizing exercises, and file uploading.

Search and install: **ALA COACH+**

Please scan to download immediately

Supported OS: Apple iOS 5.0 or later, Android 4.3 or later

Compatible mobile devices:

- iPhone 4S or later
- iPod Touch 5 or later
- iPad 3 or later
- iPad mini or later
- HTC One Max
- HTC One (M8)

• Please visit us at www.alatech.com to learn more about the latest information on compatible mobile devices and supported accessories.

Please make sure you have turned on your mobile device >Settings>**Bluetooth®** system in advance.

Please pair your optional sensor with the mobile device. (See user manual included with the sensor for the pairing procedure.)

8-2 Pair Your Cycling Computer with Mobile Device

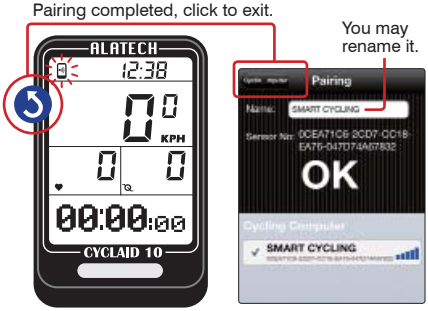
STEP1 Check your mobile device>Settings>**Bluetooth**® system is open. (Page 23)

STEP2 Set Cycling Computer Hot Key to **CONNECT PHONE**. (Page15)

STEP3 Open **ALA COACH+ App**>Settings>My Sensors>Cycling Computer >Cycling Computer Setting>Add New Sensor.

STEP4 Pairing steps:

1. When Cycling Computer is in standby mode, press ▬ to create Bluetooth connection.
2. Once your Cycling Computer is discovered by the App, press SMART CYCLING to start pairing.
3. Once pairing is completed, the App prompts **OK**, press the upper left button to exit the mobile device and key 5 to exit your Cycling Computer.



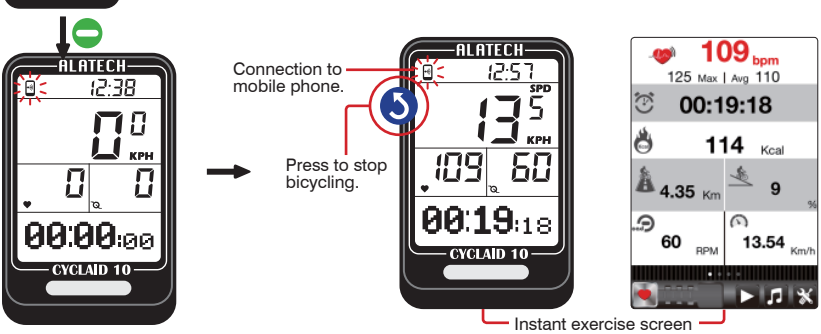
⚠ •Keep your mobile device and Cycling Computer within 10cm from each other and keep both away from other Bluetooth devices to prevent incorrect pairing.

8-3 Smartphone Exercise Sync.

STEP1 Open **ALA COACH+ App**>Homepage, scroll to **Bike** and press **Start** button.

STEP2 Operation steps:

1. When Cycling Computer is in standby mode, press ▬ to create Bluetooth connection.
2. When the App prompts every device is discovered and ready, after countdown, the App and your Cycling Computer sync. starts timing.
3. Press ▬ to view instant information during bicycling.
4. Stop bicycling, press Cycling Computer's ↩ key and **OK** to exit, the Cycling Computer exit to standby mode to sleep, the App exit to the Homepage and save data of current results.



⚠

- Precautions on connecting smartphone for Exercise Sync.:
  1. Make sure your mobile device has been paired with your Cycling Computer. (Page 24)
  2. Make sure your mobile device has been paired with your optional sensors. (See user manual included with the sensor for the pairing procedure.)
  3. Make sure the Cycling Computer Hot Key is set to **CONNECT PHONE**. (Page 15)
  4. Check the mobile device>Settings>Bluetooth® and ALA COACH+ App>Settings>My Sensors>Cycling Computer is ON.

(Continued on next page.)

(...Continued from previous page.)

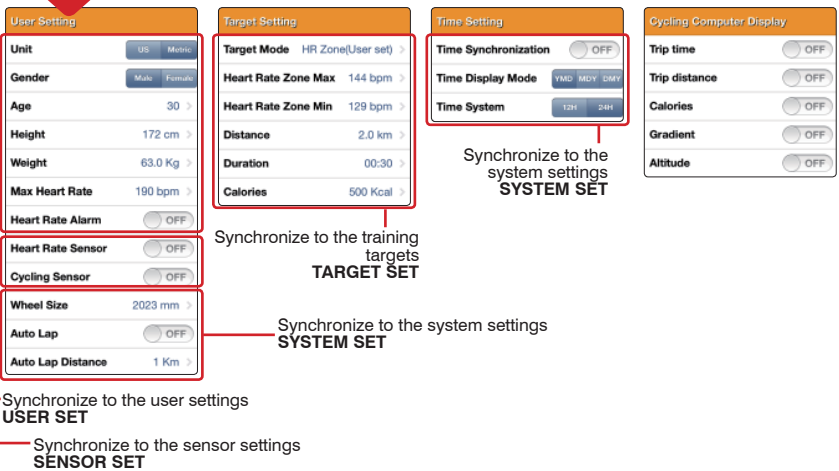
- Precautions on connecting smartphone for Exercise Sync.:

5. Basic settings from ALA COACH+ App in your mobile device applies when bicycling with synchronized smartphone.
6. Please keep your mobile device and Cycling Computer within 10 meters direct sight distance from each other during exercise sync.
7. The exercise result data would be saved in **ALA COACH+ App**>**FILE** instead of your Cycling Computer after the exercise is ended and also added to your Cycling Computer's total cumulative exercise duration, burned calories and distances.

8-4 Synchronize with Smartphone

STEP1 Open **ALA COACH+ App**>Settings>My Sensors>Cycling Computer >Cycling Computer User Setting.

STEP2 Setup in sequence.



8-4 Synchronize with Smartphone

STEP3 Open **ALA COACH+ App**>Settings>My Sensors>Cycling Computer >User Setting Sync. >SMART CYCLING.

STEP4 Synchronization steps:

1. When Cycling Computer is in standby mode, press ⬅ to point to **PHONE SYNC.**, press ▬ to create Bluetooth connection, after connected, press the App **Start** button.
2. Once Sync. is completed, the App prompts **OK**, press the App upper left button to exit the mobile device, and Key 5 to exit your Cycling Computer.

⚠

- Precautions on connecting smartphone for Synchronizing with Smartphone:
  1. Check the mobile device>Settings>Bluetooth® system and ALA COACH+ App>Settings>My Sensors>Cycling Computer is ON.
  2. Make sure your smartphone or mobile device has been paired with your Cycling Computer otherwise, please pair the two in advance. (Page 24)
  3. Keep your mobile device and Cycling Computer within 10cm from each other and keep both away from other Bluetooth devices during synchronization.

Specifications

- Product: **Cyclaid 10**, Bluetooth Cycling Computer
- Model: CB300
- Operation temperature: -10°C to 60°C (14°F to 140°F)
- Water proof grade: IPX7
- Battery type: CR2032
- Battery life: Around one year on average
  (on the basis of exercise seven days per week and one hour per day)
- Battery low indicator
- Backlight: EL

- Transmission technology: Bluetooth 4.0 (Bluetooth® Smart)
- Receiving transmission distance: around 10 meters (line of sight)
- Compatible accessories:
  ALATECH Bluetooth 4.0 Heart Rate Strap (Optional)
  ALATECH Bluetooth 4.0 Speed & Cadence Sensor (Optional)
- Compatible devices:
  iOS 5.0 or later system version (iPhone 4S or later)
  Android 4.3 or later system version

- Dimension: L60.5×W37.5×D13.5mm
- Weight: 27.8g
- Material employed: ABS case

Precautions for use with Cyclaid 10

- Due to we cannot guarantee compatibility with other manufacturer's sensors, we sincerely recommend you use ALATECH Bluetooth sensors with your Cyclaid 10 for bicycle activity tracking. Recommend compatible sensors as below:

  ALATECH Heart Rate Strap (model CS009/CS010/CS011/CS012)

  ALATECH Speed & Cadence Sensor (model SC001BLE/SC002)

- To ensure sufficient transmission range from your heart rate strap to your smartphone, keep your smartphone in front of you. We recommend you do not put it in a back pocket or backpack during smartphone exercise sync.

Take Care of your Cyclaid 10

- DO NOT drop or hit your Cycling Computer.
- DO NOT expose your Cycling Computer to extreme temperature or humidity.
- DO NOT use general purpose non-adhesive screen sheet to protect the poanel from scratching.
- DO NOT try to disassemble, repair or modify your Cycling Computer. Fail to do so may void the warranty.

Fail to Connect to Bluetooth Devices

- In case your Cyclaid 10 failed to connect to a Bluetooth device, please do the following:

1. Check battery power in your Cycling Computer and the mobile device.
2. Make sure the Cycling Computer HOT KEY is set to **CONNECT PHONE**. (Page 15)
3. Check whether your Cycling Computer is enabled, ALA COACH+ App>Settings> My Sensors>Cycling Computer.
4. Keep the mobile device and your Cycling Computer within 10 meters direct sight distance from each other.
5. If the Bluetooth indicator on the device status bar turn from white to semi transparent, restart the mobile device, Bluetooth® system and ALA COACH+ App.

6. Restart the mobile device, Bluetooth® system and ALA COACH+ App.
7. If the problem persists, please try pairing the mobile device with other Bluetooth device to find out the cause is caused by any of your Cycling Computer, the mobile device, or the Bluetooth® system.

- If your Cyclaid 10 failed to connect with sensors through Bluetooth, please do the following:

1. Check battery power in your Cycling Computer and the sensor.
2. Make sure the Cycling Computer HOT KEY is set to **CONNECT SENSOR**. (Page15)

Health Warnings

- Consult your doctor before starting or changing your exercise program.

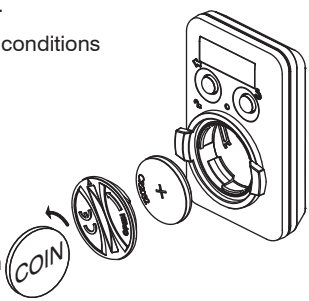
Replace Battery Indicator

Once the battery power is down to a certain level; the following functions may be affected or limited:

- Bluetooth connection lost and link with sensor or mobile device failed.
- Backlight failed to turn on.
- **TRAINING PROG.** cannot be performed.
- The device will reset itself when the power goes out.

Replaced the battery immediately, if any of the above conditions occurs or a Replace Battery Indicator appears.

Battery Installation



1. Use a coin to twist it counter-clockwise to .
2. Remove the cover and insert (replace) the battery (type: CR2032) into the sensor with positive (+) side facing up.
3. Place the battery cover (points to). Use a coin to twist the cover clockwise to close (points to).

- Do the basic setups described in page 12-15 after every battery replacement. If you have done the Cycling Computer user setup with the ALA COACH+ App, you may re-sync settings to your Cycling Computer as described in "Phone sync." on page 26-27.

Precautions on the Use of Battery

Button battery in your Cycling Computer may suffer shortened life cycle or cause damage to the core, fire, chemical burns, electrolyte leakage, and/or personal injury.

- DO NOT expose your device to a heat source or high temperatures.
- DO NOT burn or drill your device or its battery.
- Please store your device in environment with a temperature range from -10°C to 60°C (14°F to 140°F) if it is not to be used for long time.
- DO NOT use your device in environment with temperatures exceeding -10°C to 60°C (14°F to 140°F).
- Please check local regulations for disposal of your device / battery or contact local waste disposal agencies.

Warnings on replaceable batteries:

- DO NOT remove batteries with pointed object.
- Keep batteries out of children's reach.
- DO NOT disassemble, drill, or damage batteries.
- Please replace batteries with correct ones. Fail to do so may lead to fire or explosion.
- Replaced button battery may contain perchlorate substance and require special disposal. Warnings on non-replacement battery: DO NOT try to remove non-replacement battery.

CAUTION

RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.

Please check local waste disposal regulations to dispose your wasted battery.

FCC Declaration of Conformity

This device complies with Part 15, FCC Code. Operation of this device is subject to the following two conditions:

1. Devices may not cause interference.
2. Must accept interference from other sources, including interference that may cause undesired operation. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

- **FCC Caution:**
  Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

2PF182128100004 (1/2016, Rev.H)