

MONITOR INSTRUCTION

1. DISPLAY FUNCTION

ITEM	DESCRIPTION
SCAN	• Under SCAN mode, press MODE/ENTER to select functions. • Scan every function automatically every 6 seconds. • Press MODE/ENTER, all functions will be shown in order : TIME→DIST→CAL→RPM/SPEED.
TIME	• Without preset target, TIME will accumulate. • With preset target, TIME will count down from the target. When it arrives 0, it will beep to remind the trainer. • When training, if there is any signal input for 4 second, TIME will stop. • Range: 0:00 ~ 99:59
DISTANCE	• Without preset target, DISTANCE will accumulate. • With preset target, DISTANCE will count down from the target. When it arrives 0, it will beep to remind the trainer. • Range: 0:00 ~ 99:99
CALORIES	• Without preset target, CALORIES will accumulate. • With preset target, CALORIES will count down from the target. When it arrives 0, it will beep to remind the trainer. • Range: 0~9999
WATT	• Display power consumed during training. • Range: 0~999
LOAD	• Display the adjusted resistance level. • Range: 1~100%
SPEED	• If no signal input for over 4 seconds when training, SPEED will show as "0.0". • Range: 0.0 ~ 99.9
RPM	• If no signal input for over 4 seconds when training, RPM will show as "0.0". • Range: 0 ~ 999

2. BUTTON FUNCTION

ITEM	DESCRIPTION
UP	• Press UP to increase the digit. Press and hold, the digit could increase quickly. • TIME Setting Range: 00:00~99:00 (Add 1:00 each time) • CAL Setting Range: 0~9990 (Add 10 each time) • DIST Setting Range: 0.00~99.50 (Add 0.5 each time)
DOWN	• Press DOWN to decrease the digit. Press and hold, the digit could decrease quickly. • TIME Setting Range: 00:00~99:00 (Decrease 1:00 each time) • CAL Setting Range: 0~9990 (Decrease 10 each time) • DIST Setting Range: 0.00~99.50 (Decrease 0.5 each time)
MODE/ENTER	• Press MODE/ENTER to select each function. • Press and hold MODE/ENTER for 2 seconds, all digits will be cleared.
RESET	• Under Setting mode, press RESET once can clear all current digits. • Press and hold RESET for 2 seconds can also clear all digits.

3. OPERATIONAL PROCEDURE

Turn on

LCD Display, shown as Fig 1.

Turn off

If no signal input for over 4 minutes, the monitor will go to Sleep Mode.

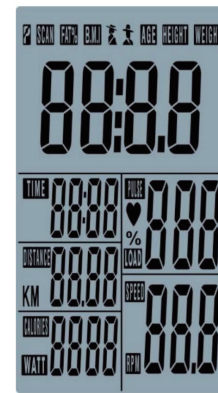


Fig 1

Operation

1. Training Setting

Press MODE/ENTER to select functions: TIME, DISTANCE, CALORIES. Press UP or Down to set the target digit, press UP to increase, press DOWN to decrease. Press MODE/ENTER to confirm after finish the setting.

Set TIME as an example: when the digit of time bleeps, press UP/DOWN to set the digit, press MODE/ENTER to confirm and goes to the next setting. The setting of DISTANCE, CALORIES is the same as TIME.

When start training and the signal is detected by monitor, the digit of SPEED/RPM, TIME, DISTANCE and CALORIES will add up.

4. TROUBLESHOOTING

When the display dims, please replace the batteries.

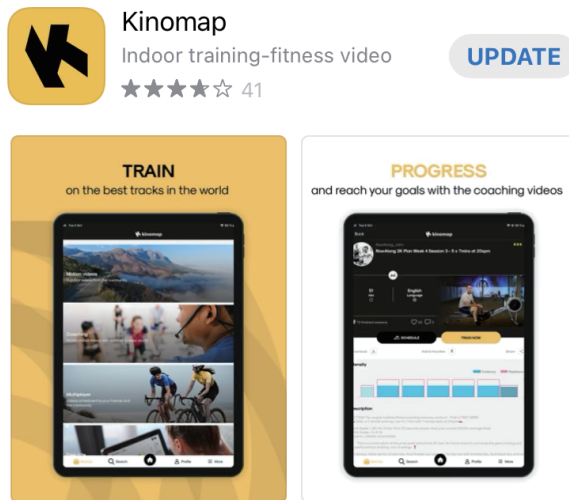
If there is no signal shown when training, please check if the sensor cable is well connected.

Note

1. If there is no signal input for over 4 minutes, the display will dim.
2. If there is an error on the display, please re-assemble the batteries and try again.

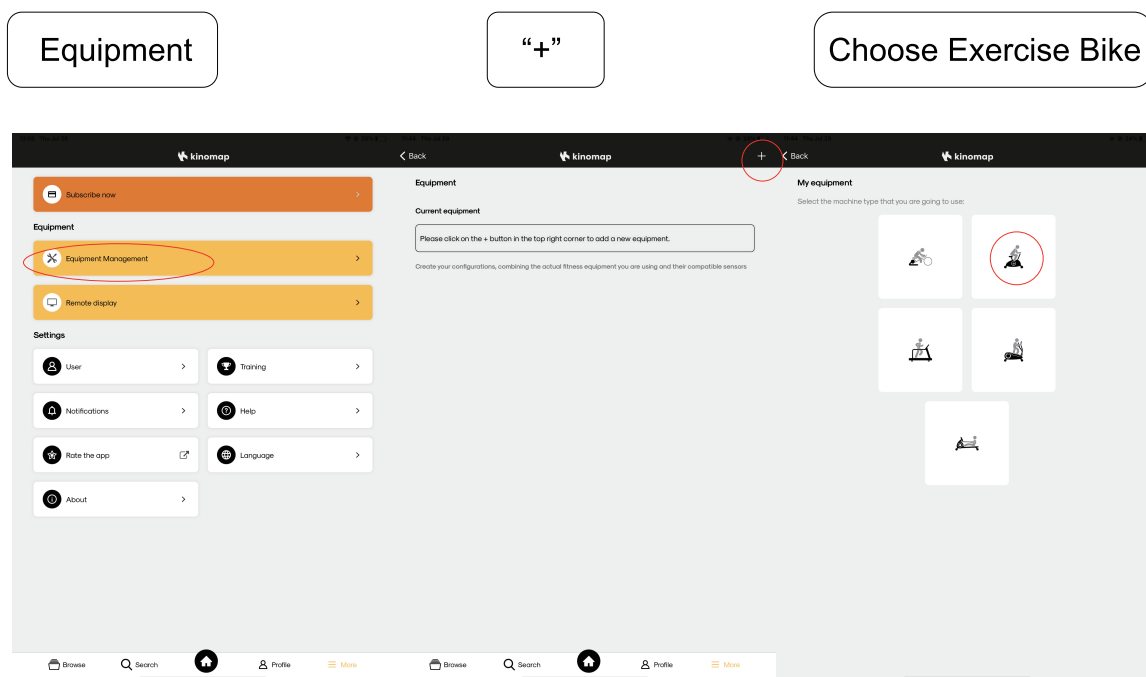
5. APP CONNECTION

1. Search "KINOMAP" in the mobile app store to download the app.



2. After the download is complete, open the APP and register your personal information, turn on the Bluetooth of your mobile phone, and make sure that the monitor is powered on and awake.

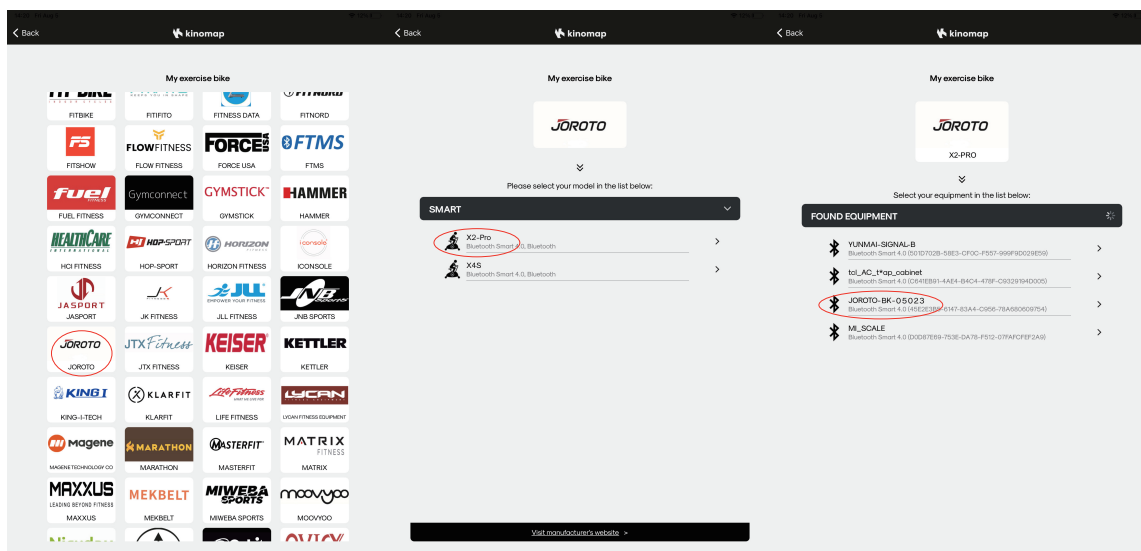
3. Add sports equipment, the specific operations are as follows:



Select “JOROTO”

Select “X2PRO”

Find Equipment



4. After the equipment is connected, choose the scene you like and start your workout!

Note

1. This monitor can connect APP on the smart device by Bluetooth.
2. This monitor is connected by using Iconsole protocol.
3. When the monitor is connected with the smart device, there will be no digits on the display, the digits will be shown on the smart device.