

LEMOND



WATTBOX

OWNER'S MANUAL



WARNING

Be sure to read all instructions and warnings included with your LeMond Revolution trainer before using this equipment. Failure to avoid the following potentially hazardous situations could result in death or serious injury.

The Watt Box is designed for indoor use only.

The device is not a medical device and could suffer from interference from external electrical sources. If you have a pacemaker or other implanted electronic device, consult your physician before using this device.

It is always important to consult a physician for a complete physical examination before starting any exercise program. Beyond identifying any risk factors you may have, your health professional can assist in developing an exercise program which establishes the frequency and intensity appropriate for your age and current health status. Always consult your physician before beginning or modifying any exercise program.

If at any time during a workout you experience pain or tightness in the chest, an irregular heartbeat, shortness of breath, feel faint or severe discomfort of any kind, STOP exercising immediately. Consult your physician before continuing your program.

Do not use a sharp object to remove the batteries.

Keep the batteries away from children.

Only replace the batteries with the correct replacement batteries. Using another battery presents a risk of fire or explosion.

Please dispose of batteries according to manufacturer instructions. Do not dispose of old batteries in unsorted municipal waste.



AVERTISSEMENT

Veillez bien lire toutes les instructions et les avertissements inclus avec votre LeMond Revolution trainer avant d'utiliser cet équipement. S'exposer aux situations potentiellement dangereuses suivantes peut entraîner la mort ou des blessures graves.

Le Watt Box est conçu pour une utilisation en intérieur uniquement.

L'équipement n'est pas un appareil médical et pourrait subir des interférences de sources électriques externes. Si vous avez un stimulateur cardiaque ou un autre appareil électronique implanté, consultez votre médecin avant d'utiliser cet appareil.

Il est toujours important de consulter un médecin pour un examen physique complet avant de commencer tout programme d'exercice physique. En plus d'identifier tous les facteurs de risque que vous pouvez avoir, votre professionnel de la santé peut vous aider à l'élaboration d'un programme d'exercice qui établit la fréquence et l'intensité appropriée pour votre âge et votre état de santé actuel. Consultez toujours votre médecin avant de commencer ou de modifier tout programme d'exercice physique.

Si à tout moment pendant un entraînement vous ressentez de la douleur ou de la pression à la poitrine, un battement cardiaque irrégulier, de l'essoufflement, des étourdissements sévères ou une gêne quelconque, cesser votre activité immédiatement. Consultez votre médecin avant de continuer votre programme.

N'utilisez pas d'objet pointu pour retirer les piles.

Gardez les piles hors de portée des enfants.

Remplacez les piles uniquement avec les piles de remplacement adéquates. L'utilisation d'une autre batterie peut présenter un risque d'incendie ou d'explosion.

Veillez disposer des batteries conformément aux instructions du fabricant. Ne jetez pas les piles usagées avec les déchets ménagers non triés.

TOOLS REQUIRED

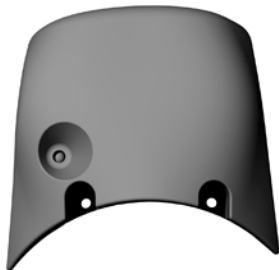
3mm Hex Key



Small Phillips-Head Screwdriver



ITEMS INCLUDED



(1) Watt Box



(2) R6 batteries - AA



(2) 3mm Hex-Head Screw

INSTALLATION



- 1** Use a small Philips-Head screwdriver to remove the (2) screws on the back of the Watt Box and pull the top cover off.



- 2** Install (2) AA batteries as indicated

- 3** Place cover on top and fasten with the original screws

- 4** There are two tabs located on the non-drive side of the Revolution's main body. With the (2) 3mm hex key screws supplied, attach the Watt Box to the Revolution. (see below)

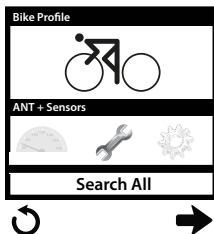


PAIRING WITH COMPUTER

Before you can pair the Watt Box must be properly installed on the LeMond Revolution trainer (Pg. 4). It is important to stay at least 10 meters away from other power-meters during this procedure.

Navigate to the ANT+ pairing screen on your cyclometer and select Search (Figure 3.1).

*Note: The Watt Box is Power-Meter only. Please make sure that your cyclometer is set to search for only Power-Meter devices during this operation.



Once pedaling, the Watt Box will awaken from sleep as it detects movement of the Revolution's pulley wheel. The green light on the Watt Box will illuminate, indicating that it is now powered on. This motion will awaken the Watt Box from sleep mode and begin the pairing operation. The green light on the Watt Box will illuminate, indicating that it is now powered on.

After 2-3 seconds your cyclometer will show "Connected" once it has successfully paired with the Watt Box. If not found after 10 seconds, repeat the pairing procedure as indicated above.

This pairing operation only needs to be performed before use with a new cyclometer. Once paired, your cyclometer will automatically link to your Watt Box.

TURNING OFF/ON

Once pedaling, the Watt Box will automatically awaken after a few seconds, as indicated by a green light. The light will remain illuminated for 20 seconds. Once finished with your workout, the Watt Box will switch into sleep-mode after approximately 30 seconds of inactivity.

CADENCE SENSOR

If your bicycle is equipped with an ANT+ compatible cadence sensor, you can link it to the Watt Box. Once on, the Watt Box will automatically search for compatible cadence sensors for a period of 10 seconds. It will pair with a cadence sensor that is located within 18" of the Watt Box. The cadence sensor will continue to transmit data to your cyclometer directly while also providing the Watt Box information on your RPM's.

When not paired with a cadence sensor, the Watt Box will continue to display wattage even though the rider may not be pedaling. With it paired, the Watt Box will display "0 Watts" when coasting.

SUPPORT

For Customer Support and Technical Questions, please contact:

LeMond Revolution LLC
404 3rd Avenue North, Suite 203
Minneapolis, MN 55401

612-486-5750

FCC CLASSIFICATION

This device has been tested and found to comply with Part 15 of the FCC interference limits for Class B devices. Operation is subject to the following two (2) conditions: 1) This device may not cause harmful interference and 2) This device must accept any interference received including interference that may cause undesired operation. 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 may cause harmful interference to radio communications if not installed and used in accordance with the instructions. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet that is on a different circuit from the receiver
- Consult the dealer or an experienced radio/TV technician for help.

Unauthorized repairs or modifications could result in permanent damage to the equipment, and void your warranty and your authority to operate this device under Part 15 regulations.

CE Declaration of Conformity

This device is declared to be in conformance with the essential requirements and other relevant provisions of Directive 1999/5/EC, as a low-powered unlicensed transmitter: EN 60950-1:2006+A11 Safety of Information Technology Equipment • EN 301 489-3:2002 v 1.4.1 Electromagnetic compatibility and Radio Spectrum Matters (ERM): Short range • EN 300 328 Electromagnetic compatibility and Radio spectrum Matters (ERM); Wideband transmission systems; Data transmission equipment operating in the 2,4 GHz ISM band and using wide band modulation techniques; Harmonized EN covering essential requirements under article 3.2 of the R&TTE Directive

Industry Canada Compliance

This device complies with Industry Canada license-exempt RSS-210.

Operation is subject to the following two (2) conditions: 1) This device may not cause harmful interference and 2) device must accept any interference received including interference that may cause undesired operation.

Conformité aux normes d'Industrie Canada

Cet appareil est conforme aux normes Industry Canada exemptes de licence RSS-210.

Son fonctionnement est soumis aux deux (2) conditions suivantes : 1) Cet appareil ne doit pas provoquer d'interférences nuisibles et 2) doit accepter toute interférence reçue, y compris les interférences susceptibles de provoquer un fonctionnement indésirable.

WARRANTY

This is to certify that the LeMond® Watt Box™ is warranted by LeMond Inc. to be free of all defects in materials and workmanship. This warranty does not apply to any defect caused by negligence, misuse, accident, alteration, improper maintenance, or an “act of God.” The LeMond Watt Box Warranty assumes that the recommended service guidelines have been followed by the customer, and covers the following: One (1) Year warranty for the original purchaser. Please retain your purchase invoice for proof of purchase. • Contact our Customer Service Department to report any problems. When calling, please be prepared to provide the customer service representative with the following information: Your name, shipping address, and telephone number • The date of purchase • Your billing address •

If warranty replacement parts are shipped to you, you may be required to return the inoperable part. To facilitate this process, the following policy has been established: Please call our Customer Service Department (612-486-5750) to receive a return goods authorization prior to shipment. LeMond will incur all ground freight charges for warranty parts ordered for items that are less than 90 days old. You are responsible for freight charges on warranty parts for items that are more than 90 days old. If an inoperable warranty part must be returned to our Customer Service Department, we will pay the shipping cost and provide detailed return shipping instructions. These instructions will be sent along with your warranty replacement part. LeMond Inc. neither makes, assumes nor authorizes any representative or other person to make or assume for us, any other warranty whatsoever, whether expressed or implied, in connection with the sale, service, or ship-ment of our products. We reserve the right to make changes and improvements in our products without incurring any obligation to similarly alter products previously purchased. In order to maintain your product warranty and to ensure the safe and efficient operation of your machine, only authorized replacement parts can be used.

Model #: 250600

FCC ID: 2AA5K250600WAT

IC: 11382A-250600WAT

250613 - Rev. F

