

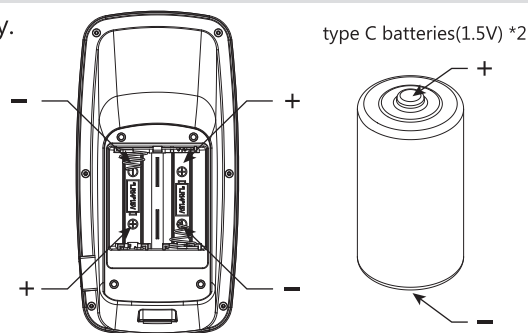
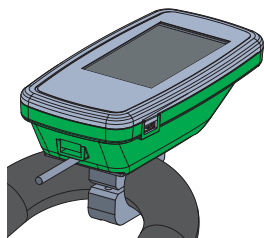
CASCADE

HEALTH & FITNESS®

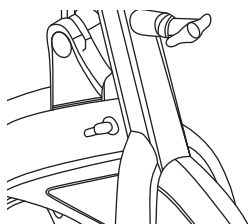
CASCADE POWER Console Operation

INSTALLING POWER DISPLAY

- 1) Install the provided two type C batteries(1.5V) into the back of the display.
- 2) Attach the clamp to the back of the console plate
- 3) Attach the console plate with clamp to the back of the console
- 4) Place lower clamp under handlebar to meet with console plate clamp and screw together so clamps fit snugly together



- 5) Connect the ends of the display cables with the connectors on the side of the frame



- 6) Carefully remove the wire plug from the frame, push the connectors into the frame and re-insert the wire plug into the frame

USING THE CONSOLE

TURN ON THE CONSOLE by pressing any key—the console will standby (no movement-all zeros) until you press **START/STOP** to make another selection

TURN OFF THE CONSOLE

- If you haven't starting working out:
 - Press the **POWER** key (it will turn off after 3 minutes if there is no activity/selection)
- If you just stopped exercising and the console is still running:
 - **TURN OFF** the console by pressing the **START/STOP** key (to pause) and then the **POWER** key

KEY INFORMATION

AVG/MAX: press this key during your workout and the console will to switch between Average and Maximum values for RPM, WATTS, Heart rate and Speed

START/STOP: press this key and the console will start/stop reporting data. Press it in the middle of exercising and it will pause your workout

BACK LIGHT: press this key to turn on/off the console light –default for backlight on is 10 seconds

NOTE Once you turn on your console and press the **START/STOP** key, your time has begun

- If you do not begin your workout within 30 seconds, the console will pause (blinking) for 60 seconds
- After 60 seconds on pause, the console will stop blinking and standby for another 15 seconds before resetting to zero and turning off

PAUSE YOUR WORKOUT If you need to take a break, you can pause the console by pressing the **START/STOP** key

- If you stop working out for 60 seconds, the console will temporarily pause (blinking). During this time:
 - o Start pedaling within 2 minutes & your workout will continue
 - o After 2 minutes on pause, the console will turn off
 - o If you press & hold the **START/STOP** key for 2 seconds the console data will reset to 0
 - o If you press the **POWER** key for 1 second, the console will turn off

BEGIN EXERCISING

- **START YOUR WORKOUT** turn on your console and press the **START/STOP** key. The console will begin timing & reporting your activity
- **PAUSE YOUR WORKOUT** press **START/STOP** key
- **RESTART YOUR WORKOUT** press **START/STOP** key before workout has been paused for 2 minutes or begin pedaling
- **RESET/CLEAR DATA** press **START/STOP** key once to pause the workout, then press & hold down the **START/STOP** key until it clears to zero
- **TO USE BACK LIGHT** press the **BACK LIGHT** key
- **TO SWITCH BETWEEN AVG/MAX for RPM, Speed, Heartrate and WATTS** press the **AVG/MAX** key

TECHINICAL INFORMATION

We realize that you may want to make some changes to the consoles pre-set information. There are a few basic pre-set items on your console that can be changed with a quick trek through our **engineering mode**

NOTE While in engineering mode, use the:

- **AVG/MAX** key for changing the item shown
- **START/STOP** key for selecting the item shown
- **POWER** key to go back a step/level (if you press it several times, it will take you completely out of engineering mode since you are backing out of each level)

ENGINEERING MODE

- Start with the console off
- Press the **POWER** key
- Turn off the backlight by pressing the **BACK LIGHT** key (it must be off to enter **engineering mode**)
- Press & hold down for 3 seconds (at the same time) the **AVG/MAX + START/STOP + BACK LIGHT** keys
- You know you are in **engineering mode** once the screen shows **E: 1**—go ahead and release the keys.

Your screen is waiting for you to make a selection and your first section is **E: 1**. This section contains basic pre-set items shown on the console during workout and can be easily changed to suit your requirements.

- With **E: 1** on the screen, press the **START/STOP** key
- You will be taken through a series of items (**01-07**) that you can modify (please don't modify 08 or 09 as they alter the level resistance)

CUSTOMIZE YOUR CONSOLE You can scroll through the items 01-07 and modify one or all of their settings. Here's a brief description of each item to help you make your time in **engineering mode** easier:

01 Back light on/off setup: this item allows you to decide if you want the Back light to turn on or never come on
Default is ON

- Press the **AVG/MAX key** to select ON or OFF
- Press the **START/STOP** key to confirm your selection (this will move you to the next item too)
- Remember: if you need to go back a level, press the **POWER** key to back up or all the way out

- 02** Back light time (10s/15s/20s) setup: this item allows you to set up how long you want the Back light to stay on
Default is 10 seconds
- Press the **AVG/MAX key** to move through the time choices (10 seconds, 15 seconds or 20 seconds)
 - Press the **START/STOP** key to confirm your selection (this will move you to the next item too)
 - Remember: if you need to go back a level, press the **POWER** key to back up or all the way out
- 03** Sound on/off setup: don't want to hear the key beep or any sound? Modify the sound setting here **Default is ON**
- Press the **AVG/MAX key** to make your choice
 - Press the **START/STOP** key to confirm your selection (this will move you to the next item too)
 - Remember: if you need to go back a level, press the **POWER** key to back up or all the way out
- 04** Heartrate reporting on/off setup: if you do not want to see what it says, just make the change here **Default is ON**
- Press the **AVG/MAX key** to make your choice
 - Press the **START/STOP** key to confirm your selection (this will move you to the next item too)
 - Remember: if you need to go back a level, press the **POWER** key to back up or all the way out
- 05** Bluetooth on/off setup: you can change it to "on" here **Default is OFF**
- Press the **AVG/MAX key**
 - Press the **START/STOP** key to confirm your selection (this will move you to the next item too)
 - Remember: if you need to go back a level, press the **POWER** key to back up or all the way out
- 06** Ant+ on/off setup: if you want to use it, turn it "on" here **Default is OFF**
- Press the **AVG/MAX key**
 - Press the **START/STOP** key to confirm your selection (this will move you to the next item too)
 - Remember: if you need to go back a level, press the **POWER** key to back up or all the way out
- 07** Speed (miles or kilometers) setup: want to see KM rather than Miles? Make the switch here **Default is MPH**
- Press the **AVG/MAX key** and then the **START/STOP** key to confirm your selection
 - Press the **START/STOP** key to confirm your selection (this will move you to the next item too)
 - Remember: if you need to go back a level, press the **POWER** key to back up or all the way out

At this point, press **POWER** until you are backed out to **E: 1** main screen.
DO NOT CONTINUE TO 08-11 UNLESS RESETING THE LEVELS IS REQUIRED

- 08** Smallest Angle AD value: resets the level minimum
- Place the lever at level 1 and **START/STOP** key to confirm your selection
- 09** Largest Angle AD value: resets the level maximum
- Place the lever at level 16 and **START/STOP** key to confirm your selection
- 10 & 11** Summary of settings you selected during levels **01-09**

Using the Compatible App: ALA FITNESS App

It is possible to record and view your workout data on your iPhone via Bluetooth 4.0. When using the **ALA FITNESS** app for the first time, you will need to install it on your iPhone and then pair the iPhone with the console. Please make sure your iPhone meets the following system requirements before pairing and use:

- iOS 5.0 or later

Install the ALA FITNESS app

- Press  on your iPhone and search for **ALA FITNESS** app
- Install on your iPhone



Preparing to pair your iPhone with the Console

Prior to opening the **ALA Fitness** App on your iPhone:

- On your iPhone, press Settings
- Bluetooth: confirm it is turned ON
- Place your iPhone is within 3' of console prior to pairing

Pairing your iPhone with the Console using the ALA FITNESS app

On your iPhone:

- Open your ALA FITNESS app
- Select SETTINGS
- Select ENABLE BTM

On the console:

- Turn the console ON
- DO NOT press the START button
- DO NOT begin pedaling
(TIME must be all ZEROs to pair)

On your iPhone (in ALA FITNESS app):

- Press ADD NEW SENSOR
- Select the displayed sensor: the app is paired when N/A changes to OK

You are now ready to use the app and begin your workout

Pairing your iPhone with the Console using the ALA FITNESS app

When the console is turned on, the Bluetooth signal will stay active for 30 seconds or until paired. If you did not get the app to pair in 30 seconds:

- Hold the **AVG/MAX** button on the console for 3 seconds
- The Bluetooth signal will be active again for pairing

Warning

FCC ID: 2ANCK37122720, contains FCC ID: O6R1823

FCC Warning

Federal Communications Commission Statement

This device complies with FCC Rules Part 15. Operation is subject to the following two conditions:

- This device may not cause harmful interference.
- This device must accept any interference received, including interference that may cause undesired operation.

FCC Caution

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The antenna(s) used for this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

MPE

This equipment must be installed and operated in accordance with provided instructions and the antenna(s) used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.

	Frequency	Power
Low Energy Bluetooth	2402~2480 MHz	1mW
ANT+	2403-2480 MHz	1mW

Cascade Health and Fitness LLC
PO Box 1318
Woodinville WA 98072

P 425 402 4062
F 425 402 4063
E info@cascadehealthandfitness.com