

CASCADE

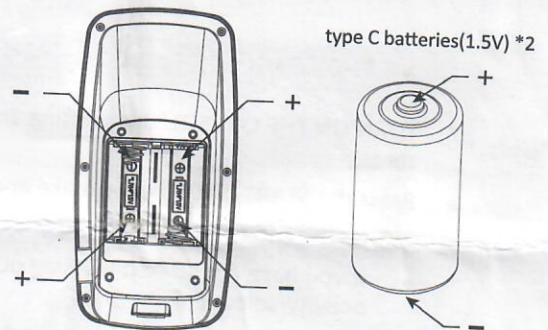
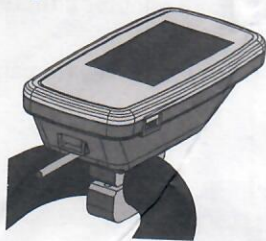
HEALTH & FITNESS®

CASCADE POWER Console Operation

Welcome to your new Cascade Pro Power Console! This new BLUETOOTH/ANT+ Power Console is a great companion to your Pro Power Exercise bike. You can record workout data with the ALA Fitness App on your iPhone and the console has an easy to read backlit screen that displays watts, heartrate, calories, resistance, speed, cadence distance and time.

INSTALLING THE 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 handbar 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 reinsert the wire plug into the frame

Setting the Resistance Levels: Before using your console, you must calibrate the resistance levels with your bike

- 1) Start with the console off
- 2) Press the **POWER** key
- 3) Turn off the backlight by pressing the **BACK LIGHT** key
- 4) Press & hold down for 3 seconds (at the same time) the **AVG/MAX + START/STOP + BACK LIGHT** keys

5) E:1 will flash, press start multiple times until LEVEL 15 highlighted, LEVEL 1 will flash
press start, LEVEL 16 will flash
MOVE RESISTANCE TO MAX AND

- 5) You are in **ENGINEERING MODE** once the screen shows **E:1** with the **1** blinking
- 6) Go ahead and release the keys
- 7) With **E:1** on the screen (and the **1** is blinking)
- 8) Press the **START/STOP** key several times to get to **E: 1 08** (@ 8 times)
- 9) While on **E: 1 08** screen: Place the **lever at level 1 position** (push the lever all the way forward) and press **START/STOP** key to confirm
- 10) You are now on to **E: 1 09** screen
- 11) While on **E:1 09** screen: Place the **lever at level 16 position** (push the lever all the down) and press **START/STOP** key to confirm
- 12) You are now on to **E: 1 10** screen: press the **START/STOP** key several times until the console turns off (@ 2 times)
- 13) Once the console is off: Place the **lever at level 1**
- 14) Press the **POWER** key
- 15) Press the **START/STOP** key and begin pedaling
- 16) While pedaling, check to see that level 1 shows on the screen and then move the lever down to level 16 to make sure that it also shows up
- 17) If level 1 & level 16 show on the screen then you have set your levels
- 18) If they do not show up, please repeat steps 1-17

USING THE CONSOLE

- **TURN ON THE CONSOLE** by pressing any key—the console will be in “standby” mode (no movement—all zeros)
- Press the **START/STOP** key to make another selection
- **TURN OFF THE CONSOLE**
 - If you have not started 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: Press 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 switch between Average and Maximum values for RPM, WATTS, Heartrate 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—the default for it to be 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