VDOUBLE 10 User Manual

Thank you for purchasing VDOUBLE 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.VELOMANN.COM

Items included with your product

- **VDOUBLE 10** Bluetooth 4.0 Cycling Computer

- Accessories: Fixer, Fixing Pad and Cable Ties

- 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.

Table of Contents

1 Getting to Know Your VDOUBLE 10

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 4.0technology [NOTE1] at the same time.

■ **Bicycling with your smartphone:**

Bicycling with your smartphone or mobile devices connected with low power Bluetooth 4.0 technology [NOTE2]

Note 1: Compatible with VELOMANN Heart Rate Strap (model VD10BELT)

VELOMANN Speed and Cadence Sensor (model VD10SPEED)

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.velomann.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
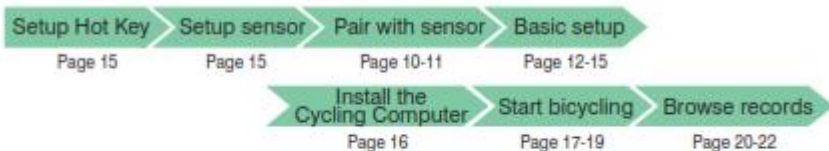
Setup Hot Key → Setup sensor → Pair with sensor → Basic setup
Page 15   Page 15   Page 10-11   Page 12-15

Install the Cycling Computer → Start bicycling → Browse records
Page 16   Page 17-19   Page 20-22

Bicycling with your smartphone

Install App → Setup Hot Key → Pair with mobile device → Pair with sensor → Sync. setup → Install the Cycling Computer → Sync. bicycling
Page 23   Page 15   Page 24   Please refer to operation manual included with your sensors   Page 26-27   Page 16   Page 25
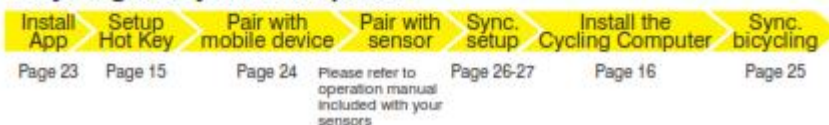
Use with sensors

Setup Hot Key➜Setup sensor➜Pair with sensor➜Basic setup➜Install the Cycling Computer➜Start bicycling➜Browse records

Bicycling with your smartphone

Install App➜Setup Hot Key➜Pair with mobile device➜Pair with sensor NOTE3➜Sync. Setup➜Install the Cycling Computer➜Sync. bicycling

Note 3: Please refer to operation manual included with your sensors

- 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

Phone Hot Key

•Start bicycling

•Turn backlight

•Right/Down arrow key

•Right/Down arrow key

•Exit/Back
•Stop bicycling

•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.

1-3 Screen Overview

Status bar

Heartbeat display

Information display

Current time

Speed display

Pedaling frequency display

| Symbol	Name	Symbol	Name
	Connection to Mobile Phone	SPD	Speed
	Connection to Sensor	♥	Heartbeat
	Cycling Computer Battery Power		Pedaling Frequency
	Upload File	AVG	Average
	AM	MAX	Maximum
	PM	MPH	Speed in Imperial UOM
	Target Achievement Trophy	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

1. When using your product for the first time, press to turn on Cyclaid 10 and select to English, Deutsch, Français, spañol, Italiano, Português [NOTE1]. Press to exit after **LANGUAGE SETTINGS** is completed.

2. Press to switch the screen to individual window [NOTE2].

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.

Starts timing: Press to enter the bicycling mode in standby mode [NOTE3].

Standby mode	TRAINING PROG.	MEMORY FILE	HOT KEY SET	SENSOR SET	PHONE SYNC	PAIRING SENSOR	USER SET	SYSTEM SET	EXERCISE STAT.
	Exercise Mode	Log Function	Hot Key Setup	Sensor Setup	Synchronize with Smartphone	Pair with Sensor	User Settings	Bike Settings	Exercise Statistics
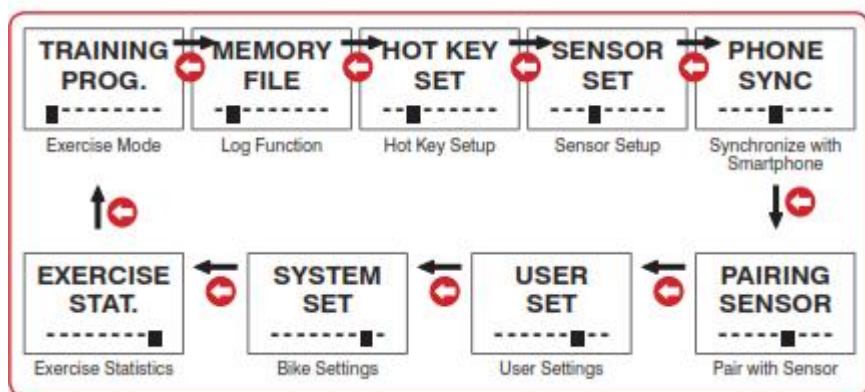
•Note 1: If you have already setup the Language Settings once, you can change it by going to **SYSTEM SET** > **LANGUAGE**.

•Note 2: Press to switch to individual setup window in standby mode.

•Note 3: Press to switch to bicycling mode and start timing. (Refer to page 15 Hot Key setup.)

■ 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 Pairing with Sensor

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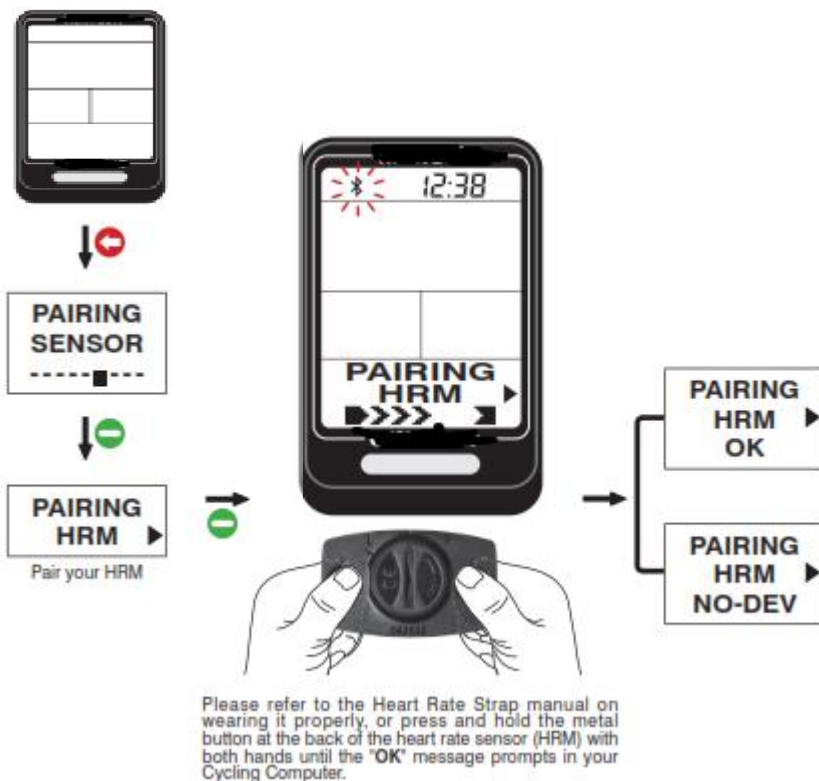
Please refer to the Heart Rate Strap manual on wearing it properly, or press and hold the metal button at the back of the heart rate sensor (HRM) with both hands until the "**OK**" message prompts in your Cycling Computer.

- 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 and Cadence Sensor

1. In standby mode, press to point to **PAIRING SENSOR**, press to enter.

2. Press to point to **PAIRING BIKE**, 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 BIKE** and starts

    from STEP 2 again.

Please refer to the Speed and 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.
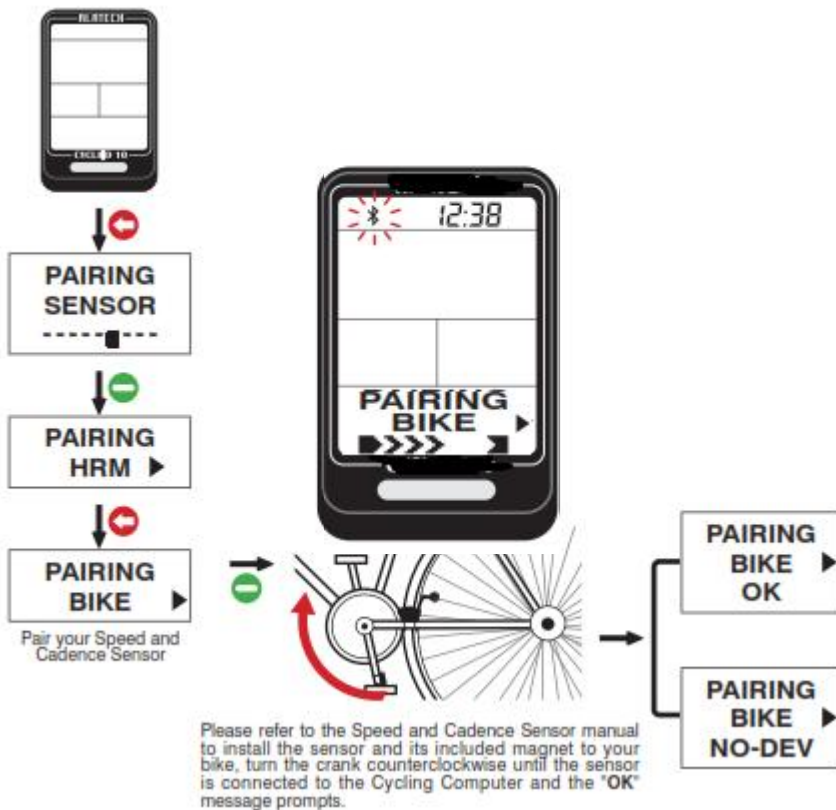
- Make sure **SPD/CAD** is set to **ON** in the Sensor Setup window. (Page 15)

- Activate your Speed and Cadence Sensor before pairing 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.

- Keep your Speed and Cadence Sensor and Cycling Computer close to each other and away from other Bluetooth devices for correct pairing.

3 Basic Setup

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.

SYSTEM SET	WHEEL 1900mm	AUTO LAP OFF	LAP DST 1 KM	LIGHT OFF	YEAR 2014	MONTH 01	DAY 01	TIME 12:38 24H	LANGUAGE ENGLISH
	Tire Circumference (L)	Auto Lap	Single Lap Distance	Back Light	Last two digits of year of the Gregorian calendar	Month	Day	Time 12-24 Hours	Language Settings

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		26×7/8	935	32-630	27×1-1/4	2161
	14×1.50	1020	23-571	26×1(59)	1020		27×1-3/8	2169
	14×1.75	1055		26×1(65)	1055		650×35A	2090
	16×1.50	1185		26×1.25	1185		650×38A	2125
47-305	16×1.75	1195		26×1-1/8	1195	18-622	650×38B	2105
	18×1.50	1340	37-590	26×1-3/8	1340		700×18C	2070
	18×1.75	1350		26×1-1/2	1350		700×19C	2080
47-406	20×1.75	1515		26×1.40	1515	20-622	700×20C	2086
	20×1-3/8	1615	40-559	26×1.50	1615	23-622	700×23C	2096
	22×1-3/8	1770	47-559	26×1.75	1770	25-622	700×25C	2105
	22×1-1/2	1785	50-559	26×1.95	1785	28-622	700×28C	2136
	24×1	1753	54-559	26×2.00	1753		700×30C	2170
	24×3.4 Tubular	1785		26×2.10	1785	32-622	700×32C	2155
	24×1-1/8	1795	57-559	26×2.125	1795		700C Tubular	2130
	24×1-1/4	1905		26×2.35	1905		700×35C	2168
47-507	24×1.75	1890	57-559	26×3.00	1890		700×38C	2180
	24×2.00	1925		27×1	1925	40-522	700×40C	2200
	24×2.125	1965		27×1-1/8	1965			

Tire size setup range:

• 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

•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**" formula 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

1. In standby mode, press to point to **HOT KEY SET**, Press to enter.

2. Press to switch between hotkeys:

    CONNECT PHONE (Phone Hot Key) or **CONNECT SENSOR** (Exercise Hot Key).

3. Press to exit after setup is completed

• 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

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 Heart Rate Strap

Connection with Speed and Cadence Sensor

●   Your Cycling Computer can connect to two Bluetooth 4.0 sensors (Heart Rate Strap and Speed and Cadence Sensor) at one time.

●   Please only connect sensors required by specific exercises to save time in search for Bluetooth connections.
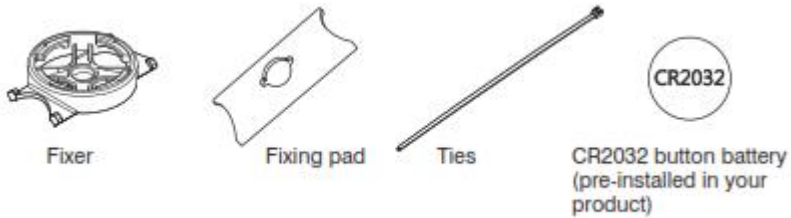
4 Install the Cycling Computer

■ **Accessories included with your product:**

Fixer

Fixing pad

Cable Ties

CR2032 button battery (pre-installed in your product)


Fixer   Fixing pad   Ties   CR2032 button battery (pre-installed in your product)

■ **Installation method:**

1. Place the fixing pad under the fixer and attach both to the bike frame.

2. Tie the fixer with cable ties.

3. Place the Cycling Computer in the fixer 45 degree to the frame as shown in the diagram.

4. Turn the Cycling Computer clockwise until it clicks into the 12-oclock position.
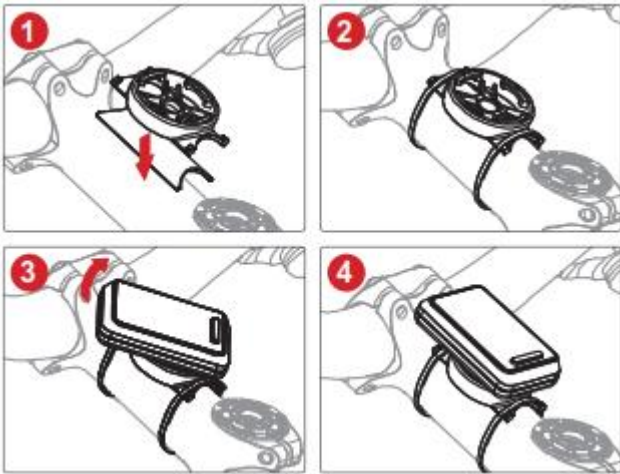
5 Exercise Mode

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 <mark>cross reference</mark> in page 18)

4. After setup, press to start bicycling.

5. Press to view instant information during bicycling. (See crossreference 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
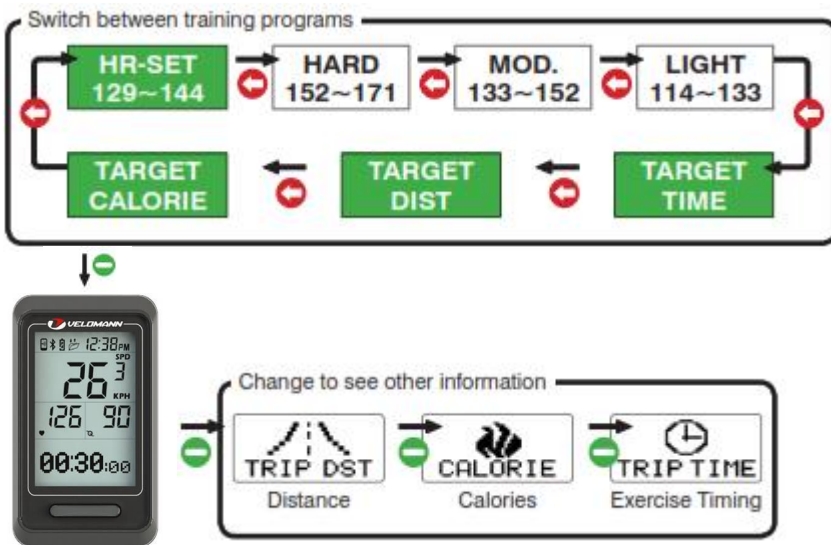
Instant bicycling screen

Change to see other information: Distance➔Calories➔Exercise Timing

■ 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 lower limit: **70-144 bpm** upper limit: **144-220 bpm**
TARGET TIME	Target Training Time	•Setup range: **0-99 hours** **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.

■ Instant exercise screen:

Connection to the sensor [NOTE 1]

Heartbeat [NOTE 2]

Other information display [NOTE 4]

Current Time

Speed [NOTE 3]

Pedal frequency [NOTE 3]

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
TRIP DST	Trip Distance	Display in unit of Kcal (Cal)
CALORIE	Calories [NOTE 2]	•In unit of percentage (%)
GRADIENT	Slope [NOTE 5]	•Setup range: 50-10,000 Cal (Kcal).
ALTITUDE	Height [NOTE 5]	•The metric display unit: 1 meter (M) •The Imperial display unit: 1 foot (FT)

•Note 1: The 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 Log Function

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.

Average Heartbeat

Current Time

Average Speed

Average Pedaling Frequency

Maximum Heartbeat

Maximum Speed

Maximum Pedaling Frequency

■   **Other information reference table:**

File information	Name	File information	Name
Trip time	Exercise Time	View laps	Select to view single lap data ^{NOTE 1} (See STEP 4)
Trip distance	Distance	Upload file	Upload File (See page 21)
Calorie	Calories	Delete file	Delete File (See STEP 5)
Laps	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.

Inspection is ON

Upload completed, click 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.
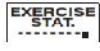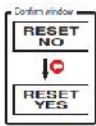
Total TME 3 HR	Total DST 45 KM	Total CAL 1128
Accumulated Exercise Time	Accumulated Distance	Accumulated Energy Consumption

Confirm window

•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   Connect to Smartphone or Mobile Device

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.VELOMANN.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

STEP 1   Check your mobile device>Settings>**Bluetooth**® system is open. (Page 28)

STEP 2   Set Cycling Computer Hot Key to **CONNECT PHONE**. (Page14)

STEP 3   Open **ALA COACH+ App**>Settings>My Sensors>Cycling Computer >Cycling Computer Setting>Add New Sensor.

STEP 4   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 to start pairing.

    3.   Once pairing is completed, the App prompts **OK**, press the upper left button to exit the mobile device and key to exit your Cycling
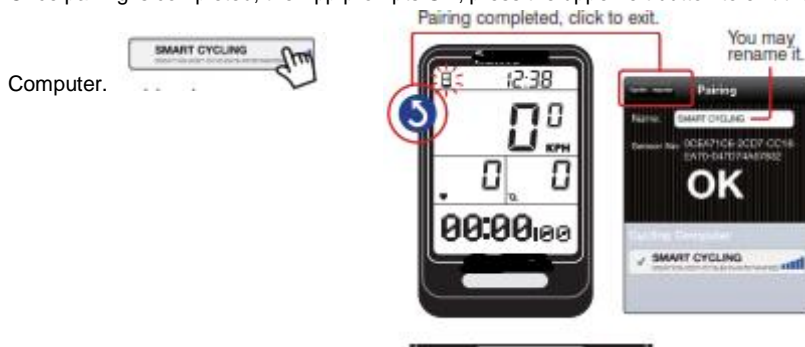
Computer.

Keep your mobile device and Cycling Computer within 10cm from each other and keep both away from other Bluetooth devices to prevent incorrect pairing.
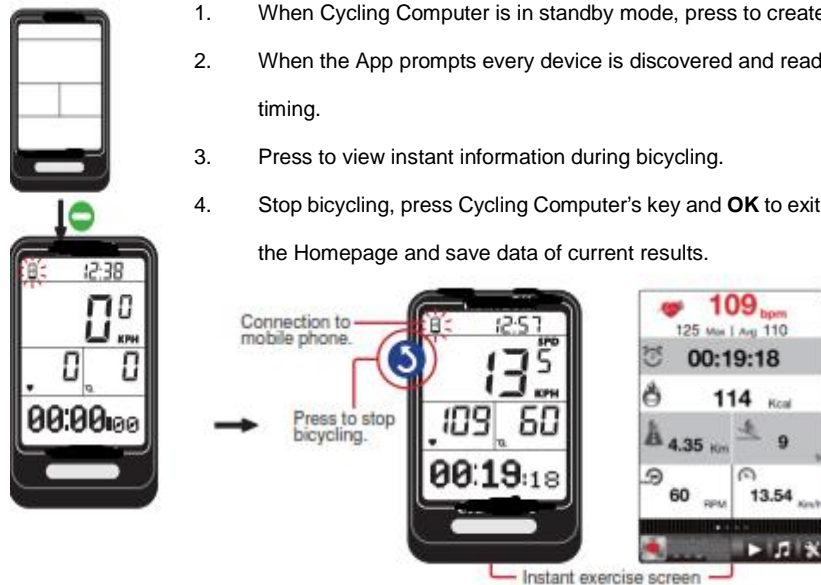
8-3 iPhone Exercise Sync.

STEP 1   Open **ALA COACH+ App**>Homepage, scroll to **Bike** and press **Start** button.

STEP 2   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.

Connection to mobile phone.

Press to stop bicycling.

Instant exercise screen

- 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.

  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 meter 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

STEP 1   Open **ALA COACH+ App**>Settings>My Sensors>Cycling Computer >Cycling Computer User Setting.

Inspection is ON

STEP 2   Setup in sequence.

Synchronize to the system settings **SYSTEM SET**

Synchronize to the training Targets **TARGET SET**

Synchronize to the system settings **SYSTEM SET**

Synchronize to the user settings **USER SET**

Synchronize to the sensor settings **SENSOR SET**

STEP 3   Open **ALA COACH+ App**>Settings>My Sensors>Cycling Computer >User Setting Sync. >SMART CYCLING.

STEP 4   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 to exit your Cycling Computer.

Sync. completed, click to exit.

•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 (light of sight)

• Compatible accessories:

    VELOMANN Bluetooth 4.0 Heart Rate Strap (Optional)

    VELOMANN Bluetooth 4.0 Speed and Cadence Sensor (Optional)

• Compatible mobile devices with:

    iOS 5.0 or later system version (iPhone 4S or later)

    Android 4.3 or later system version and featuring Bluetooth 4.0

• Dimension: L60.5×W37.5×D13.5mm

• Weight: 27.8g

• Material employed: ABS case

Appendix

■   **Precautions for use with VDOUBLE 10**

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

    VELOMANN Heart Rate Strap (MODEL VD10BELT)

    VELOMANN Speed and Cadence Sensor (MODEL VD10SPEED)

• 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 iPhone Exercise Sync.

■   **Take Care of your VDOUBLE 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 VDOUBLE 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.

■ Battery Low Indicator

The battery low indicator prompts 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. In case the power low indicator persists displaying,

get the battery replaced immediately.

■ Replace Battery

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

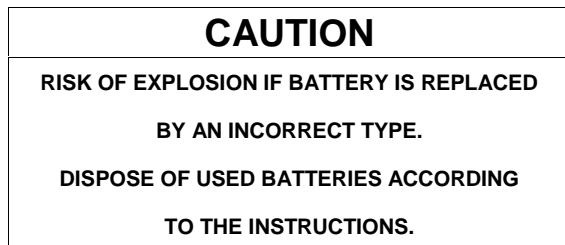to your Cycling Computer as described in "Phone sync." on page 26-27.

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 (50°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 (50°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.