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Rev# 1000294

COMPONENTS



Computer Unit



Computer Battery
(1.5Vx1,114C)



Mounting Bracket



Magnet



Cable Ties (4)

WARNING!
Improper installation of this or any other bike computer can result in an accident. Read instructions carefully.
Get 1-800-455-BELL if you have any questions.

Check mounting hardware & transmitter installation before each ride for adjustment and secure fit. This computer will not fit all bikes. If you cannot get a secure installation per the instruction manual, do not use this computer.

INSTALLATION

STEP 1: Install the Battery— Remove the battery cover from the bottom of the computer using a small coin (Figure 1). Install the computer battery (1.5Vx1,114C) with the positive (+) side facing up. Replace the battery cover and tighten. **NOTE:** Replacing the battery will erase all stored information. When installing a new battery, you can later re-enter it on the computer.

STEP 2: Install the Magnet to the Wheel— Clamp the magnet to a spoke on the right side of the front wheel (Figure 2). Make sure that the magnet is facing the outside of the wheel so that the flat side of the magnet passes in front of the sensor.

STEP 3: Attach the Sensor to the Fork— Attach the computer sensor to the right fork leg using two of the cables (see provided). Make sure the inside side of the sensor is facing the wheel. Do not fully secure the cables yet, as the sensor location may require further adjustment (Figure 3). Adjust the sensor and magnet location on their respective wheels to the rear of the front wheel (Figure 4). The magnet should now pass by the tip of the sensor when the wheel rotates.

STEP 4: Install the Mounting Bracket & Computer— Attach the mounting bracket to the handlebar by using the remaining 2 cables (see above) in (Figure 5). Make sure the mounting bracket is clamped tightly and will not slip on the handlebar. Insert the computer into the mounting bracket (Figure 6).



PROGRAMMING THE COMPUTER

STEP 1: Set the Wheel Value— First, using the table provided, determine the correct 4-digit wheel value based on the size of your tire. The wheel value is the distance in millimeters per one revolution of the wheel. Next, press and hold the left and right buttons for two seconds. The preset value "2124" should appear with the digit "4" flashing. Press the right button to modify the digit to the correct setting. Once correct digit is shown, press the left button to move to the next digit. Repeat until all four digits are set to the correct wheel value for your bike.

STEP 2: Set KM or Mile Selection— After setting the wheel value, the KM/M selection will appear. Press the RIGHT button to choose kilometer or mile selection. Press the LEFT button to confirm and proceed to Clock function.

STEP 3: Set the Clock— The clock function will appear at the bottom of the screen. Press and hold the LEFT button for 3 seconds to get a flashing "2:00" symbol. Press the RIGHT button to select between 12 and 24-hour format. Press the LEFT button to confirm. Next, the hour digits will start to flash. Use the RIGHT button to select the hour and press the LEFT button to confirm. Repeat for minutes digits. Press the LEFT button once more to set the clock.

STEP 4: Test to Ensure Proper Installation— Now that the computer is programmed, insert it into the bracket. Spin the front wheel. The speed/odometer view in the upper left corner of the screen should be turning as the computer starts recording data (refer to Troubleshooting in case of problems).

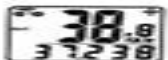
Wheel Size	Mountain Bike
20"	1688
22"	1758
24"	1906
26"	2073
27.5" ROAD	2124

ADDITIONAL FUNCTION MODES

ODOMETER (ODO)— Total distance traveled is indicated by "ODO" and displayed on the bottom line. To reset ODO, press both RIGHT and LEFT buttons for 3 seconds or remove and replace the battery. Now press the RIGHT button to advance to the DST mode.



TRIP METER (DST)— Trip distance is indicated by DST and is displayed on the bottom line. The Trip Meter is activated automatically with speedometer input strokes or manually when you begin riding. Turns off when you stop. To reset DST to zero, press and hold the LEFT button for 3 seconds. Note that TM (Trip Time) & AVG (Average Speed) will also be reset at that time. Now press the RIGHT button to advance to the AVG mode.



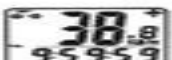
MAXIMUM SPEED (MXS)— Maximum speed is indicated by MXS and is displayed on the bottom line. Maximum speed is stored in memory and updates only when a higher speed is reached. To reset MXS, press and hold the LEFT button for 3 seconds. Now press RIGHT button to advance to Average Speed (AVG) mode.



ADDITIONAL FUNCTION MODES



AVERAGE SPEED (AVG)— Average speed is indicated by AVG and is displayed on the bottom line. AVG works in conjunction with the Trip Timer (TM) to calculate the average speed for a specific trip. Now press the RIGHT button to advance to the TM mode.



TRIP TIMER (TM)— Trip Timer is indicated by TM and is displayed on the bottom line. The Trip Timer is activated automatically with computer input strokes or manually when you begin riding. Turns off when you stop. To reset TM to zero, return to DST (Trip Meter) mode and press the LEFT button to return to TM mode and press RIGHT button to advance to SCAN function.



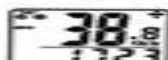
SCAN— The Scan mode conveniently shows DST, MXS, AVG, and TM readings on the computer screen without the need to press any buttons. Now press the RIGHT button to return to the Clock mode.

ADDITIONAL FUNCTION MODES

AUTO STOP/START— To preserve batteries, the cycle computer will automatically switch off if the unit is left unused for over 5 to 6 minutes. Display will reappear with a press on either button or input from the sensor.



SPEEDOMETER— Instantaneous Speed is indicated on the top line. The range of measurement is from 0 to 99 KM/Hr (0 to 99 MI/Hr) and accuracy is ± 0.5 KM/Hr (MI/Hr).



SPEEDOMETER COMPARATOR— A "+" or "-" sign appears to the right of the speed. "+" indicates you are traveling faster than your average speed (AVG). A "-" indicates you are riding slower than your average speed.



SPEED TENDENCY— A circle symbol appears to the left of the speed. The wheel turns forward to indicate acceleration. The wheel turns backward to indicate deceleration.

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	RECOMMENDED ACTION
No speedometer display and/or no data reading	Possible interference from electrical sources Improper magnet/sensor alignment	Move computer to different area Check speedometer sensor and magnet are properly installed and aligned (p.3)
Slow display response	Poor battery contact or low/dead battery Temperature outside of operational limits (0-60°C or 32-140°F)	Replace battery Only use computer when temperature is within operational limits
Display shows irregular features	Poor battery contact or low/dead battery	Replace battery
Black display	Temperature too hot or display exposed to sunlight too long Computer damaged or dropped	Only use computer when temperature is within operational limits. Remove from sunlight Computer is broken
No trip distance reading	Improper sensor/magnet alignment	Ensure proper alignment

Bell Bicycle Computer Manual

Shasha Hu



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web steps 1 4 step 1 most athletes will take their first step with the same leg they takeoff with steps 1 3 in the first two to three steps you have to accelerate this is called the drive phase building speed is critical to height as you approach the bar your movement should be deliberate dynamic and graceful

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80 150 meters 300 800 meters a session the effects of a 6 week plyometric training program on agility michael g miller 1
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and on wednesday and saturday i only train in the morning it s pretty complex

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