

Flow

1. My Tacx trainer starts slipping when I use a higher resistance and I get an error report when calibrating

Check the following.

- Make sure the roller sits against the tyre without pressure. Then entirely turn the black knob 3 times.
- Make sure the tyre is always inflated at 6 to 7 bar (do detach the tyre from the roller when you stop riding).
- The tyre is worn out. We recommend you mount a Tacx Trainer tyre.

2. The screen stops functioning

The electro-magnetic brake supplies the electricity that makes the screen work. Check if the black cable is connected correctly (DO NOT EVER USE A PHONE PLUS FOR THIS). If this doesn't solve your problem it is possible that the brake or the Flow computer is defective. Please contact a **Service Centre**.

3. The indicated value for energy use in Kcal is much higher than I expected

The computer generally displays energy use in Kcal. When someone has been riding for 10 minutes at 200 watt, his or her energy use will be $200 \text{ watt} = 200 \text{ Joule/second} \times 600 \text{ seconds (10 minutes)} = 120.000 \text{ Joule} = 120 \text{ Kjoule}$. This corresponds with $4,18 = 28,7 \text{ Kcal} \times 4 = 115 \text{ Kcal}$. The human body's average yield is 25%. That is why energy use is multiplied by a factor 4.

4. My heart rate is very high (sometimes higher than 200)

- This could be linked to the fact that you are using an extra sensor, next to the one with your current heart rate monitor, which also produces a signal (like a cadence sensor for instance). Only use your heart rate monitor's transmitter belt.
- It is possible that there is a PC, or speakers (due to the magnets) present in the direct vicinity of your trainer. Avoid large magnets because they will interfere with the field.

5. Sometimes heart rate is not displayed right (or fails)

It is possible that reception for heart rate is not good. Try to move the Flow computer forward or backward horizontally in order to improve reception.

6. I can ride alright, but resistance does not change (on the brake unit)

This is a problem that can be caused by the Flow computer or the electro-magnetic brake. Please contact your **Service Centre**.

7. Can I upgrade my Flow to an i-Magic trainer

Yes this is possible. Just purchase the T1925 upgrade package.