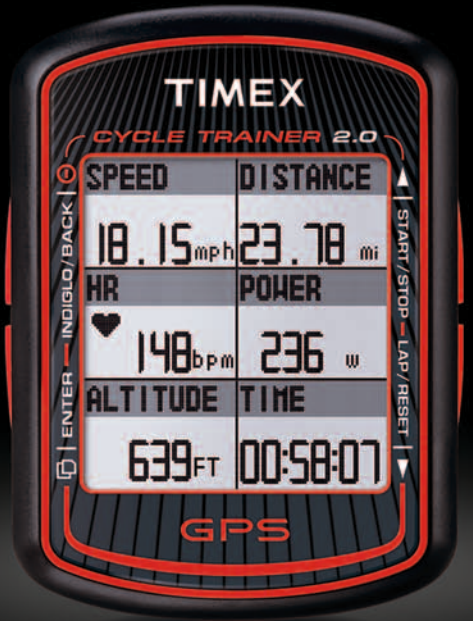
Introducing the

CYCLE TRAINER™ 2.0

GPS Bike Computer from Timex



INDIGLO®/BACK/[⏻]

Hold button for 2 seconds to turn the Cycle Trainer™ on or off. Press to turn on the night-light. In menus, press to go back to the previous page.

ENTER/[⧉]

Press to change screens in Speedometer mode. Hold for two seconds to enter the main menus (ACTIVITY, NAVIGATION, CONNECT TO PC, CONFIGURATION). In menus, press to select the highlighted choice.

[▲]/START/STOP

Press to highlight the previous item in a list. Press to start or stop the timer in Speedometer mode. Press to zoom out in Map mode.

LAP/RESET/[▼]

Press to highlight the next item in a list. While timer is running in Speedometer mode, press to start a new lap. While timer is stopped in Speedometer mode, press to save the ride and clear the timer.

The lightweight Cycle Trainer™ 2.0 bike computer adds a dashboard to your handlebars. Five screens of real-time cycling data provided by GPS, the included heart rate sensor and optional ANT+™ bike sensors and power meters let you track your performance and finely tune your rides.

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GETTING STARTED

This guide contains all you need to know to get started using your Cycle Trainer™ bike computer, including the basic functions and how to configure required settings.

CHARGING THE CYCLE TRAINER™

Before you use the Cycle Trainer for the first time, charge the battery for at least 4 hours through the USB port on your computer. Once fully charged, you will have 18 hours of battery life in full GPS mode.

CONFIGURATION

(User Profile, Bike Settings, Display Units)

Within the CONFIGURATION menu, you can enter your personal information to ensure accurate heart rate zone and calorie calculations (CONFIGURATION > USER PROFILE). You can also enter your specific bike settings to achieve accurate speed, cadence, and power calculations, when using optional sensors (CONFIGURATION > ACCESSORIES > BIKE SETTING). Lastly, you can choose the system of measurement in which your user, ride, and navigation data will display depending on personal preference (CONFIGURATION > SET SYSTEM > DISPLAY).

SETTING UP THE HEART RATE SENSOR AND OTHER ANT+™ SENSORS

Within the CONFIGURATION menu, you can connect your heart rate or other ANT+™ sensors to your Cycle Trainer™ 2.0 (CONFIGURATION > ACCESSORIES > SENSORS). Ensure sensor is on and make sure you are at least 30 feet away from other sensors. Follow the on screen prompts, and when SCAN changes to ON, the device is receiving data from the sensor.

Heart Rate Monitor Strap

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READY FOR A RIDE

GETTING A GPS SATELLITE FIX

Go outside and hold BACK/ⓘ for about 2 seconds to turn the device on. When the icon is blinking, the GPS is seeking a fix. When the icon is solid, the GPS has a satellite fix. More bars indicate a stronger signal. Do not start your ride until you have a GPS signal.

BASIC OPERATION

Start the timer in Speedometer mode to begin timing a ride. While the timer is running, the Cycle Trainer™ bike computer records speed, distance, route, heart rate, and other data. Press (↵) to cycle through the display screens to view ride data.

CREATING AND FOLLOWING A ROUTE

The GPS on the Cycle Trainer powers the map feature. The map shows your current position, waypoints in a route, a line indicating the route, a compass indicating the direction to the next waypoint, and the distance to the next waypoint. Construct a route from waypoints you set yourself through the NAVIGATION menu.

REVIEWING YOUR RIDE

Your ride information is organized by date and time for up to 25 hours or 6000 laps. You can review your ride information directly from the Cycle Trainer (ACTIVITY > ACTIVITY INFO) or online through TRAININGPEAKS™ - see next section.

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AFTER YOUR RIDE & ADDITIONAL INFORMATION

DOWNLOAD INFORMATION

The Timex Device Agent desktop software is the link for the computer capability of the Cycle Trainer™ 2.0 device. Select rides to download and change your settings or configurations right from your keyboard. Once the ride data is uploaded, an online training log powered by ***TRAININGPEAKS***™ provides maps, graphs and analysis of your ride. To download the Timex Device Agent, and to access the free online training log powered by ***TRAININGPEAKS***™, go to TimexIronman.com/deviceagent.

COMPATIBLE

Cycle Trainer™ 2.0 bike computer is compatible with Timex Bike Speed + Cadence + Distance Sensor and with any ANT+™ compatible sensor and power meter.

Bike Speed+Cadence+Distance Sensor
T5K445 (sold separately)

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