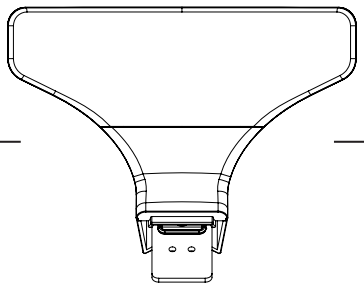
Johnny G by SPIRIT



JB950 JOHNNY G SPIRIT BIKE

CONSOLE OPERATION

LEVEL
RPM
TIME
DISTANCE
JOHNNY G. METHOD
WATTS
HEART RATE

WARM UP MODE

The **Warm Up Mode** is the most basic function of the Johnny G Spirit Bike. Riders can use this mode to prepare themselves for a class or when just pedaling to warm up for other activities. This mode is the first function that occurs when the console awakens from sleep mode. Riders can stay in this mode for as long as desired.

Upon console awakening, the words *JOHNNY G. METHOD, THE RIDE OF TRUTH* display, then *WARM UP* will flash 3 times, followed by *PRESS PLAY KEY,* WHEN READY TO GO. The Home screen appears displaying *LEVEL, RPM, TIME, DISTANCE, WATTS, HEART RATE*. Console continues Warm Up Mode until **Play Key** is pressed.

The warm up cycle continues until **Play Key** is pressed.

- During Warm Up mode, users can adjust level of intensity. Press **+** or **– Key** on either Forward Control Pad or handlebar ends to adjust resistance.
- Warm Up Mode will last as long as user stays in this mode.
- Warm Up Mode will NOT display a summary screen. Only the program screens display a summary.

MANUAL MODE

The **Manual Mode** is another basic function of the Johnny G Spirit Bike. Riders can use this mode for a complete workout or to prepare themselves for other activities. The only differences between this mode and the Warm Up Mode is that the rider will have a workout summary of their effort. At any time during Warm Up Mode, press **Play Key** to enter Manual Mode. Pressing the **Play Key** displays *ENJOY THE RIDE* followed by display screen. Any Time and Distance data collected during Warm Up Mode will be erased.

- Press **+** or **– Key** on either Forward Control Pad or handlebar ends to adjust resistance.
- When ride is completed at desired time, press **Play Key**. All current data will pause.
- Screen displays *END WORKOUT*, then *NO* will flash on display.
- Press either **+** or **– Key** to toggle between *NO* and *YES* for desired action.
- Pressing **Play Key** while *NO* will revert to Manual Mode.
  - *TIME, DISTANCE, INTENSITY* and data will continue from moment data was paused.
  - *END WORKOUT* function ends the workout.

- If selecting **YES**, screen displays *WORKOUT RESULTS*, followed by Summary Data: *TIME in minutes, DISTANCE in miles/km's, WATT AVG, WATT PEAK, SPEED AVG in miles/km's, SPEED Peak in miles/km's, HR AVG, HR PEAK, RPM AVG, RPM PEAK.*
  - Pressing **+** or **– Keys** will scroll through Summary Data screens.
  - Summary data screens will automatically scroll every 5 seconds if **+** or **– Keys** are NOT pressed.
  - Pressing **Play Key** will reset display and revert to Warm Up Mode.

PROGRAMS

Programs Mode provides the opportunity to pair a HR strap to the console and access to the training programs contained within the Johnny G Spirit Bike.

If just starting a ride and in the Warm Up Mode press and hold the Play Key for 3 seconds and the first program option will display, PAIR HR DEVICE.

PAIR HR DEVICE is used to pair a HR strap. Once HR strap is paired the HR Zone program will automatically be started. The HR LED light in the lower right of the console will illuminate.

Programs:

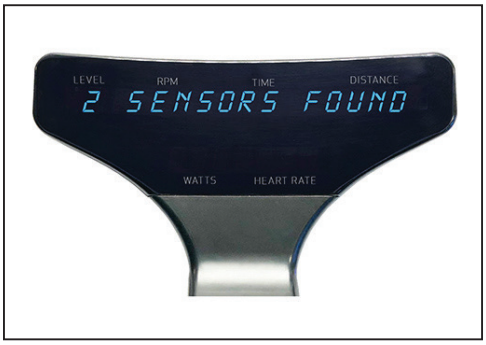
- Pair HR Device
- Power Zone with FTP Test
- Lap Program
- Exit

Descriptions for each of the programs is located on their program page. With the exception of the HR Zone program, the default setting for each program is *OFF* or *DISABLED*. Change their setting to *ON* or *ENABLED*. The HR Zone program has a default setting to ON.

PAIR HEART RATE DEVICE

HR Zone program requires connection of a Heart Rate Strap prior to using program. Connecting console to a Heart Rate Strap is accomplished by entering Programs Mode during the Warm Up Mode. If user puts on a HR strap after leaving the Warm Up Mode and has not paired HR, console reset will be needed.

- While in the Warm Up Mode, press and hold Play Key for 3 seconds.
- PAIR HR DEVICE displays on console. Press Play Key to scan for HR devices. The console may display SCAN HR DEVICES up to 12 times.
- If sensors are detected, the number of sensors displays.
- If needed, reset console by simultaneously holding **+ Key** and **Play Key** for 3 seconds.



NOTE: Along with each device displayed is number indicating the distance each device is from the console. The number is in decibels meters and may display as 65DBM. Usually the smaller number is your chest strap but not always. If another rider is wearing a chest strap in front of you, their device may be closer to your console than you are. Ideally rider should be familiar with their MyZone SN# located on the back of the MyZone module or their devices ANT+ number. This will simplify selecting the appropriate HR strap.

For example:

- *2 SENSORS FOUND.* Press **+ Key** if device shown is not your own.
- *MYZONE-12345678 (SN# on your MYZONE device displays). NOTE: Ideally user should need to be familiar SN # of their MYZONE module, located on backside.*
- *ANT+ 12345 (ID # for your ANT+ device displays).*

- After selecting sensor, press **Play Key** to connect heart rate strap to console.
- *ENTER AGE* displays and default age *35* flashes. Press **+** or **– Key** to adjust age. Press **Play Key**.
- *MAX HR* displays and estimated max HR flashes. Press **Play Key** to accept.
  NOTE: Calculation: 208 – (0.7 x age) = MHR.
  Press + or – Key to adjust MHR only if actual is known or wanting to adjust MHR down. Do Not adjust up without medical clearance.
- *WARM UP MODE* flashes 3 times.
- PRESS PLAY KEY, WHEN READY TO GO displays on console.
- Console HR LED light illuminates on right side of console.
- See page ? for full description of HR color zones.

If zero sensors found:

- Re-scan displays.
- Dampen HR contacts on strap if dry.
- Press **Play Key** to re-scan.

- If not wanting to connect a heart rate strap, press **+ Key** until screen displays *DO NOT CONNECT.*
- Press **Play Key** and screen displays *WARM UP*, flashing 3 times, then reverting to Warm Up Mode. The HR on lower display will remain blank.
- After 30 seconds *WARM UP MODE* recycles and flashes 3 times, then continuing with home screen.
- Press **Play Key** when ready to go and begin a ride without HR tracking.

HR ZONE PROGRAM

HR Zone Program estimates your Maximum HR (MHR) when riders' age is entered. The program will track the time spent within the 5 heart rate zones; less than 59% MHR to greater than 90% MHR. The console includes an LED light that will provide a visual guide to the riders' effort. The time spent in each of the HR Zones displays in the workout summary.

Console HR LED color changes based on user percent of max HR (%MHR). Console HR LED is on right side of console.
HR LED color spectrum is as follows:

- <59% = White
- 60 – 69% = Blue
- 70 – 79% = Green
- 80 – 89% = Yellow
- >90% = Red

Press **+** or **– Key** on either Forward Control Pad or handlebar ends to adjust resistance. To end workout, refer to instructions on page ? Ending Ride or User and the workout summary.

To Start:

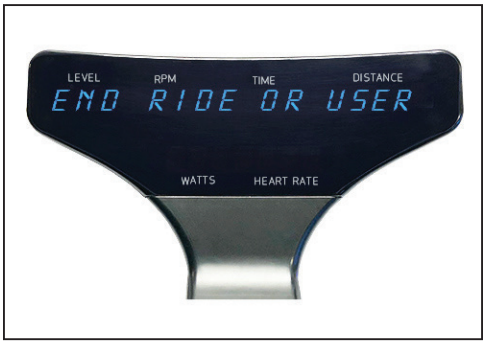
Pair HR strap as instructed on page ?

*NOTE: Console continues in Warm Up Mode after pairing HR strap until **Play Key** is pressed.*

Upon pressing **Play Key**, HR Zone Program will begin.

- Pressing **Play Key** displays *ENJOY THE RIDE* followed by home screen.
- Any data collected during Warm Up Mode will be erased.
- Home screen will appear and display: *Level, RPM, Time, Distance, Watts, Heart Rate*.
- Press **+** or **– Key** on either Forward Control Pad or handlebar ends to adjust resistance.

END WORKOUT



To End Ride or User:

- Press and hold **Play Key** for 3 seconds and all current data will pause.
  - Screen displays *END RIDE or USER.*
  - Press either **+** or **– Key** to toggle between *END RIDE and USER.*
  - Press **Play Key** to select.

- If *END RIDE* is selected
  - Screen displays *END WORKOUT.*
  - *NO* will flash on display.
  - Press either **+** or **– Key** to toggle between *NO* and *YES* for desired action.
  - Pressing **Play Key** while *NO* displayed will revert to existing program.

- Workout Results
  - Pressing **Play Key** while *YES* is displayed will end workout.
  - Screen displays WORKOUT RESULTS, followed by Summary Data: *TIME in minutes, DISTANCE in miles/km's, WATT AVG, WATT PEAK, SPEED AVG in miles/km's, SPEED Peak in miles/km's, HR AVG, HR PEAK, RPM AVG, RPM PEAK.*
  - Pressing **+** or **– Key** will scroll through Summary Data screens.
  - Summary Data screens will automatically scroll every 5 seconds if **+** or **– Keys** are NOT pressed.
  - Pressing **Play Key** will reset display and revert to Warm Up Mode.

NOTE: If the HR Zone, Power Zone, or LAP program features are enabled for the workout, they will also be shown in the Workout Summary. See those programs for instructions on use. HR Zone, Power Zone or LAP results display after summary data listed above. The number of laps saved in memory for Workout Summary is last 5 laps completed. Time displays in Time window. Distance displays in Distance window.

HR ZONE: Summary displays the percent of time in each zone.

- Press **Play Key** to display results; press **+ Key** repeatedly to scroll *HR ZONE* results.
  - *WHITE ZONE TIME, PCT*
  - *BLUE ZONE TIME, PCT*
  - *GREEN ZONE TIME, PCT*
  - *YELLOW ZONE TIME, PCT*
  - *RED ZONE TIME, PCT*
- Pressing **Play Key** will revert to *WORKOUT RESULTS*. Press **+ Key** again to advance and repeat screens.
- Pressing **Play Key** will reset display and revert to *WARM UP* Mode.

POWER ZONE: Summary displays percent of total time in each zone.

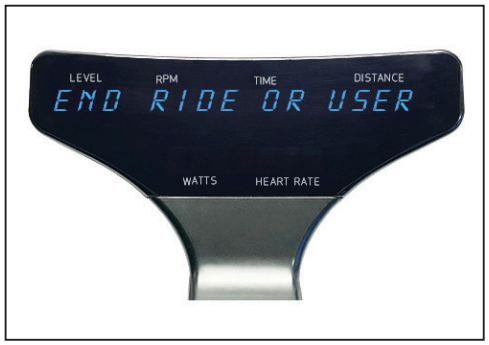
- Press **Play Key** to display results; press **+ Key** repeatedly to scroll *POWER ZONE* results.
  - *WHITE ZONE TIME, PCT*
  - *BLUE ZONE TIME, PCT*
  - *GREEN ZONE TIME, PCT*
  - *YELLOW ZONE TIME, PCT*
  - *RED ZONE TIME, PCT*
- Pressing **Play Key** will revert to *WORKOUT RESULTS* and press **+ Key** to advance to next screen or will happen automatically in 5 seconds.

LAP PROGRAM: Summary displays time and distance for each lap.

- LAP 1, LAP 2, LAP 3, LAP 4, LAP 5 Time and Distance.
  - If no laps were recorded this screen will not display.

Only the last 5 laps will display on separate screens, if recorded.

If *User* is selected:



The User function adds another program to run concurrently. The console is capable of running All three programs at the same time. The User feature is used to accomplish this. Once leaving the Warm Up Mode, if the Play Key is pressed for 3 seconds while in any program, END RIDE or USER will display; from there any program can be ended or started.

- Press **Play Key** and if HR is paired then DISCONNECT HR will display.
- Press **+ Key** to scroll through programs: Power Zone, LAP.
- Use the **+ Key** and **Play Key** to activate or disable each of the programs.
- Refer to each of the programs pages for instructions.
- Reset the console by pressing simultaneously and holding + Key and Play Key for 3 seconds. This action will revert to WARM UP Mode.

NOTE: Because USER function is activated after leaving Warm Up Mode, programs will not start with a Warm Up. HR can ONLY be paired during Warm Up Mode. If HR is not already paired, then USER function cannot activate HR. Console reset is required.

- Power Zone: USER function can turn ON or OFF program.
- FTP Test: USER function can be used to access and run FTP tests inside the Power Zone progam.
- LAP Program: USER function can enable or disable program.

POWER ZONE PROGRAM

The **Power Zone Program** takes a riders Functional Threshold Power or FTP in watts and track their performance across 5 training zones; less than 55% FTP to greater than 106% FTP. The console includes an LED light that will provide a visual guide to the riders' effort. The time spent in each of the FTP Zones displays in the workout summary. Console can also administer an FTP test.
To start:

- If just beginning a riding session and HR strap has not been paired, refer to page ? for pairing HR and passing the Warm Up Mode into the HR Zone program.
- Use the USER function as instructed on page? to access the Power Zone program.
- *POWER ZONE OFF* or *ON* displays. Press **+ KEY** to display *POWER ZONE ON*. Power zone LED illuminates on lower left of console. Press **Play Key**.
- *ENTER FTP* displays and *150W* flashes.
  - Press **+** or **– Key** to adjust FTP if actual is known up to 500.
  - Users can enter their FTP or perform FTP test. (The default FTP level is 150W)
- Press **Play Key**.
- *RUN FTP TEST* displays and *NO* flashes. Press either **+** or **– Key** to toggle between *NO* and *YES* for desired action.
- If *NO*, Upon pressing Play Key, Power Zone Program will begin.
- Home screen will appear and display: Level, RPM, Time, Distance, Watts, Heart Rate.
- Press + or – Key on either Forward Control Pad or handlebar ends to adjust resistance.

Console Power Zone LED color changes based on user percent of max FTP. Console Power LED is on left side of console. Power Zone LED color spectrum is as follows:

- <55% FTP = White
- 56 – 75% FTP = Blue
- 76 – 90% FTP = Green
- 91 – 105% FTP = Yellow
- >106% FTP = Red

Press **+** or **– Key** on either Forward Control Pad or handlebar ends to adjust resistance. To end workout, refer to instructions on Ending

Ride or User and the workout summary on page ?

NOTE: Power Zone Program requires the use of users Functional Threshold Power or FTP in watts. If user Does Not have an FTP, console can administer FTP test. See FTP TEST for instructions.

FTP TEST

A thorough warm-up is important for a successful and accurate FTP test. Use Warm Up Mode for a minimum 5 minutes of steady pedaling and intervals prior to starting FTP test. If user needs to establish their FTP, console can administer FTP test. During set-up process:

- Enter Power Zone program as instructed on page?
- *ENTER FTP* displays and 150W flashes.
  - Press **+** or **– Key** to adjust FTP if actual is known. Users can enter their FTP or perform FTP test.
- Press **Play Key**.
- *RUN FTP TEST* displays and *NO* flashes.
- Press either **+** or **– Key** to toggle to *YES*. Press **Play Key**.
- *FTP TEST* displays and *5 MIN* flashes. Press either **+** or **– Key** to toggle between 5- and 20-min test.
  - User can take either 5- or 20-MIN FTP test. A 20-minute test is a better measure of a user's FTP, however if choosing 5-minute test because of time constraints, attempt test again later for repeatability of the results.
  - Press **Play Key**.
  - *WARM UP* displays and 0.30 seconds counts down.
  - *GO* Displays for 3 seconds.
  - FTP test begins. and test time counts down.
- Press **+** or **– Key** on either Forward Control Pad or handlebar ends to adjust resistance.

NOTE: Ideal pacing is a steady and consistent effort throughout the duration, where the average power for the first half is also the same as the average power for the second half. Listen to your body. Aim for a watt target that can be sustained.

Test will continue until completed or until ended by pressing the **Play Key**.

- If test terminated early, console displays *TEST ENDED EARLY* then reverts to *FTP TEST*.
- If test is completed, console displays *TEST COMPLETED* with FTP watts value displayed.
  - FTP score after test = 95% of Average Watts during test.
  - Press **Play Key** to return to Power Zone Program with FTP score entered program.
- If desired, reset the console by pressing simultaneously and holding **+ Key** and **Play Key** for 3 seconds. This action will exit rider from Power Program and revert to warm up.

To end workout, refer to instructions on Ending Ride or User and the workout summary on page ?.

LAP PROGRAM

The **Lap Program** allows riders to perform repeated measures of Time and Distance efforts. The program will compare your current lap with your previous lap. Rider may perform as many laps as desired, but only the last 5 laps will display in the workout results. To start:

- If just beginning a riding session and HR strap has not been paired, refer to page? for pairing HR and passing the Warm Up Mode into the HR Zone program.
- Use the USER function as instructed on page? to access the LAP program.
  - Press **Play Key** to enable.
  - *ENABLED* setting is required for Lap Program to run and for lap results to display in the workout summary.
- Press and hold **Play Key** for 3 seconds to activate the LAP Program
- Home screen will appear and display: *LEVEL, RPM, TIME, DISTANCE, WATTS, HEART RATE.*
- Press **+** or **– Key** on either Forward Control Pad or handlebar ends to adjust resistance.
- Until **Play Key** is pressed to start a lap, the rider will remain in a Recovery Mode.

To start lap:

- At desired time of Recovery Mode, press **Play Key**.
- *THIS.LAP* displays on lower section of console, replacing Watts and Heart Rate.
- The *TIME* display will reset to *0.00.*
- The *DISTANCE* display will reset to *0.00.*
- Lap is being recorded.

To end lap:

- Press **Play Key** again and display temporarily goes away with *END LAP* displayed on lower section of console.
- Display then shows *TIME and DISTANCE* paused and *THIS.LAP.*
- After 5 seconds, full display returns with total accumulated Time and Distance from beginning of program. Watts and Heart Rate returns to display.
- Lap has been recorded.
- At this point rider is in a recovery phase prior to beginning another lap or ending ride.

Next lap:

- If **Play Key** is pressed again, the cycle described above will repeat.
- *THIS.LAP* displays on lower section of console, replacing display of Watts and Heart Rate.
- The *TIME* display will reset to *0.00*.
- The *DISTANCE* display will reset to *0.00*.
- After 5 seconds, *LAST.LAP* appears, flashing 3 times.
    - Total time and distance will display from previous lap.
    - Words *LAST.LAP* will flash. Display will show *LAST.LAP* for 3 seconds, then back to *THIS.LAP* for 5 seconds.
- Cycle will repeat until **Play Key** is pressed, *END LAP* briefly displays, then *THIS.LAP* data displays for 5 seconds, then *LAST.LAP* for 5 seconds, then console exits to recovery mode and total workout information displays.
- User may continue using lap function, but number of laps saved in memory for display during workout summary is the last 5 laps completed.
- To end the LAP Program and view workout results, refer to page? for complete instructions on ending workout.
- Press and hold Play Key for 3 seconds and all current data will pause.
    - Screen displays END RIDE or USER with END RIDE flashing.
    - Press **Play Key** to select.
    - Screen displays END WORKOUT.
    - NO will flash on display.
    - Press either + or – Key to toggle between NO and YES for desired action.

MAINTENANCE MODE

Maintenance Mode contains sensitive settings for your bike's console. Becoming familiar with the Maintenance Mode information used in this section important for your bike's proper operation. It is necessary that the console be powered in order to access the Maintenance Mode. Pedaling above 30RPM is all that is needed to illuminate the console. Maintenance Mode offers following bike settings:

- Key Test
- Display Test
- Odometer
- Units – English/Metric
- Brake Test
- RPM Sensor
- Update Software
- LED Brightness
- Bike ID
- Auto Pair HR
- HR Zone
- Demo Mode
- Calibration

ENTERING MAINTENANCE MODE

It will be necessary for light to moderate pedaling of bike to power on the console, enter Maintenance Mode and change the settings.

- Simultaneously press and hold **+ Key**, **– Key** and **Play Key** on Forward Control Pad for 3 seconds.
- Console displays *MAINTENANCE MODE*.

Upon entering Maintenance Mode:

- Press **Play Key**. *KEY TEST* displays on console.
- Press the **+ Key** to scroll through different screens until the desired screen displays.
- Press **Play Key** to enter displayed setting.
  - Once within setting, use **+** or **– Key** adjust.
  - Press **Play Key** to confirm and exit some but not all settings.
  - Press the **+ Key** to scroll through to another screen.
- Exit Maintenance Mode by resetting console.
  - Press **Play Key** and **+ Key** simultaneously for 3 seconds. *CONSOLE RESET* displays on console.

NOTE: If console displays CONSOLE RESET, instead of MAINTENANCE MODE, then ALL 3 keys on Forward Control Pad were possibly not pressed and held simultaneously or for enough time; attempt action again.

KEY TEST

The purpose of this setting is to ensure that the buttons are signaling properly.

- Press **Play Key** to enter setting.
- Press **Play Key** and follow console direction *PRESS ALL KEYS*.
- There are 5 buttons that control the bike:
  - Forward Control Panel: **+ Key** , **– Key** and **Play Key**.
  - Handlebar Ends: **Right Side + Key, Left Side – Key**.
- *TEST PASSED* displays if all keys are communicating properly.
- System will revert to setting screen.
- Press **+ Key** for next screen or reset console to exit Maintenance Mode.

DISPLAY TEST

The purpose of this setting is to ensure that each of the 23 LED Panels are fully functional.

- Press **Play Key** to enter setting.
- All sections of each of the 23 LED panels will illuminate.
- Press **Play Key** to turn off.
- Press **Play Key** again.
  - All LED panels will illuminate the #1, then automatically cycle from #1 – 9 and A – Z.
  - LED color lights for HR Zone and Power Zone cycle through colors.
- Display will turn off then will revert to setting screen.
- Press **+ Key** for next screen or reset console to exit Maintenance Mode.

ODOMETER

The purpose of this setting is to track the number of hours bike has been in use.

- System will automatically display *ODOMETER HRS*.
- *HOLD PLAY TO RESET* appears.
- To reset **Odometer**, press and hold **Play Key**.
  - It is useful to keep track of bike usage for routine maintenance considerations.
  - It is useful when considering moving bike around in studio to even usage.
- System will revert to setting screen.
- Press **+ Key** for next screen or reset console to exit Maintenance Mode.

UNITS

The purpose of this setting is to change from ENGLISH (Imperial) to METRIC distance calculation.

- Press **Play Key** to change setting.
- Default setting is *ENGLISH*.
  - *SPD AVG* and *SPD PEAK* in workout results will only display MPH.
- Press **+ Key** for next screen or reset console to exit Maintenance Mode.

BRAKE TEST

Brake test controls are a sensitive setting for your bike's functionality. Proper training is required for this setting. The purpose of this setting is to test the magnetic resistance system.

- Press **Play Key** to enter Brake Test. *MOTOR TEST AUTO* is displayed.
    - Press **+ Key** or **– Key** to switch to Motor Manual and Limit Sensor and Exit.
- Press **Play Key**.
- *LEVEL TO 20* displays, Press **Play Key**.
    - Auto-run motor in a look from L-1 to L-20 and back to L-1.
    - Press **Play Key** to end, revert to *BRAKE TEST.*

MOTOR TEST MANUAL

- Use **+ Key** and **– Key** to move motor.
- Press **Play Key** to end, revert to *BRAKE TEST*.
    - *ENCODER* displays. This is Encoder count or digital value. Upper right of display displays *LIMIT SENSOR CONDITION*.
        - 1 = HOME
        - 2 = ACTIVE RANGE
        - 3 = END
    - Lower display displays *ENCODER SET VALUE*.

LIMIT SENSOR

- S1 *ON*, S2 *OFF.*
- S1 is home position.
- S2 is end point.
- *EXIT* will revert to setting screen.
- Press **+ Key** for next screen or reset console to exit Maintenance Mode.

RPM SENSOR TEST

RPM Sensor controls a sensitive setting for your bike's functionality. Proper training is required for this setting. The purpose of this setting is to test the functionality of the RPM detection system.

- Press **Play Key** to enter RPM Sensor Test.
    - REED ON RPM displays *ON* or *OFF*.
    - When REED switch is closed, displays *ON*.
    - When REED switch is open, displays *OFF*.
    - RPM displays *PEDAL RPM*.
- Press **Play Key** to exit to setting screen.
- Press **+ Key** for next screen or reset console to exit Maintenance Mode.

UPDATE SOFTWARE

The purpose of this setting is to update console software with the use of a USB inserted into a port underneath the console. Updating software requires a Blank USB memory stick and a computer to transfer updates from service website or e-mail from customer service, to USB, to console. No other material besides the updates should be in USB drive.

- Press **Play Key** to display *BOOTLOADER – OFF.*
  - Press **+ Key** or **– Key** switch to *BOOTLOADER – ON.*
  - Press **Play Key** to advance out of software update
  - Allow console to power down.
  - Wait until console lights have turned off completely.
- Insert the USB drive.
- Pedal bike to awaken console.
  - If successful, displays *UPDATE DONE* (flashing)
  - If unsuccessful, displays *UPDATE FAIL*, check USB for proper insertion and attempt again.
- Console will reset with JOHNNY G METHOD flashing.
- Remove the USB stick

LED BRIGHTNESS

The purpose of this setting is to change the brightness of the display.

- Press **Play Key** to change setting.
- Default brightness setting is 2.
- Press **+ Key** or **– Key** switch between LED Brightness 1, 2, or 3.
- Press **Play Key** to accept and exit to setting screen.
- Press **+ Key** for next screen or reset console to exit Maintenance Mode.

BIKE ID

The purpose of this setting is allowing numbering of the bike when using a Leaderboard software, such as Performance IQ or similar.

- Press **Play Key** to change setting.
- Console will display *BIKE ID SETUP*, and 1 on the lower console flashing.
- Press **+ Key** or **– Key** to adjust the bike number to the desired number. Over 1,000 are available. Set each bike to a unique number. The number must be set to 1 or above, 0 is not a valid number.
- Press **Play Key** to accept, bike number will stop flashing momentarily then turn off indicating set.
- Press **+ Key** for next screen or reset console to exit Maintenance Mode.

AUTO PAIR HR

The purpose of this setting is to turn ON or OFF the HR pairing function during the Warm Up Mode. Not all cycling classes are done using HR. Facilities have the option to simplify the user set-up and facilitate getting into the Manual Mode where HR tracking is not used.
The default setting is OFF.
When OFF, pairing HR can only be done using the PAIR HR DEVICE function within the Programs Mode.

- Press **Play Key** to change setting.
- Default HR pairing setting is OFF.
- Press **+ Key** or **– Key** switch OFF and ON.
- Press **Play Key** to accept and exit to setting screen.
- Press **+ Key** for next screen or reset console to exit Maintenance Mode.

HR ZONE

The purpose of this setting is to turn ON or OFF the HR Xmlc LED light when a HR strap is paired.
A facility may choose to deactivate this light if it were a distraction or against their class structure.
If a HR strap is paired, the console maintains tracking of HR training performance regardless of the LED lights activation
The default setting is ON.

- Press **Play Key** to change setting.
- Default HR pairing setting is ON.
- Press **Play Key** to change between ON and OFF.
- Press **+ Key** for next screen or reset console to exit Maintenance Mode.

DEMO MODE

For the console to continually display *DEMO MODE*, a plug-in cord would be required that can connect with the bikes electrical board. This setting is primarily used for manufacturer Trade Shows and requires access to electricity. The purpose of this setting is allowing the console to display.

- Press **Play Key** to enter *DEMO MODE* and the following display in a loop:
  - *JOHNNY G. METHOD, THE RIDE OF TRUTH, ENJOY THE RIDE*
- Press **Play Key** to exit to setting screen.
- Press **+ Key** for next screen or reset console to exit Maintenance Mode.

CALIBRATION

Calibration contains factory-sensitive settings for the bike's resistance system. Do not enter and make adjustments as they will negatively affect the bike's resistance profile.

NOTES

NOTES

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JB950 Console Operation
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