

**TIMEX®**

**Cycle Trainer™ 2.0**



**GPS  
QUICK  
START  
GUIDE**



NA/EU W280 242-095004

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## GET STARTED USING YOUR CYCLE TRAINER™

Timex 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+™ power sensors let you track your performance and finely tune your ride.

This guide contains all you need to know to get started using your Cycle Trainer™ computer including the basic functions of each button and how to configure required settings. You'll also learn how to record your first ride, and how to create and follow a route.

For a full list of features and in-depth instructions, get the complete User Manual at: **[www.timex.com/manuals](http://www.timex.com/manuals)**

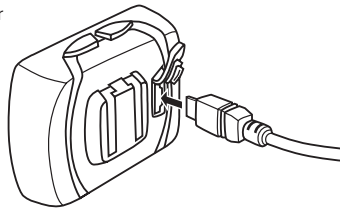
For Training videos go to: **[www.youtube.com/timexusa](http://www.youtube.com/timexusa)**

## CHARGE THE CYCLE TRAINER

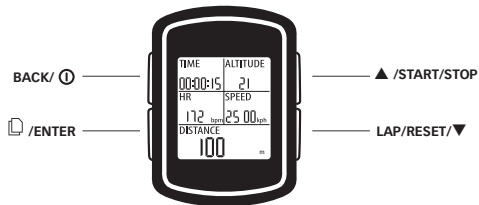
Before you use the Cycle Trainer™ computer for the first time, charge the battery for at least 4 hours.

Plug the large end of the USB cable into a powered USB port on your computer, and plug the small end into the port on the back of the device covered by the rubber cap.

A fully charged battery will run for 18 hours in full GPS mode.



## BASIC OPERATION



## BUTTON FUNCTIONS

### BACK/ ①

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

### /ENTER

Press to cycle through screens in Speedometer mode. Hold to enter the main menus. In menus, press /ENTER 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 record a lap and start to time a new lap. While timer is stopped in Speedometer mode, press to save the ride and clear the timer.

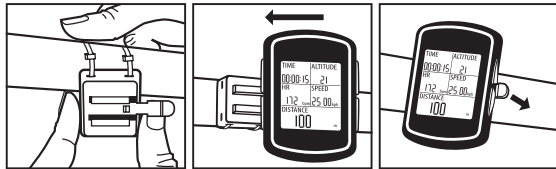
## ICON DESCRIPTIONS

These icons can appear on the Time and menu screens.

	GPS status	<b>Solid:</b> GPS has a satellite fix. More bars indicate a stronger signal. <b>Blinking:</b> GPS is seeking a satellite fix.
	Timer	<b>Solid:</b> Timer is running. <b>Blinking:</b> Timer is stopped, but has not been reset.
	Cadence sensor	<b>Solid:</b> Device is receiving data from a cadence sensor. <b>Blinking:</b> Device is searching for a cadence sensor.
	Alarm	An alarm is set and will sound at the specified time.
	Heart rate sensor	<b>Solid:</b> Device is receiving data from a heart rate sensor. <b>Blinking:</b> Device is searching for a heart rate sensor.
	Battery	Indicates the remaining battery power. More lit segments indicate a higher charge.

## INSTALL THE CYCLE TRAINER™ COMPUTER

Use the two zip ties to attach the mounting bracket to your bike, and then slide the device into the mounting bracket. The four holes in the bracket and repositionable base allow your computer to be mounted to your handlebars in any orientation.



Press back on the release tab to remove the device from the bracket.

## **TURN THE POWER ON AND OFF**

Hold **ⓘ** for about 2 seconds to turn the device on or off.

## **SET DISPLAY UNITS**

Note: all of the following settings can also be done on your computer with the Timex® Device Agent. See “Installing the Device Agent” in the online User Manual.

Choose the system of measurement in which your user, ride, and navigation data will display.

You can display distance and weight units in ENGLISH, METRIC, or NAUTICAL measurements.

You can display map coordinates as DEFAULT (degrees and minutes), GOOGLE (degrees, minutes, and seconds), or UTM (x- and y- values of the Universal Transverse Mercator system).

1. Press and hold ENTER to bring up the Main Menu. Highlight CONFIGURATION, then press ENTER.

2. Highlight SET SYSTEM, then press ENTER.
3. Highlight DISPLAY, then press ENTER.
4. Highlight UNITS, then press ENTER.
5. Highlight the UNIT or COORDINATION field, then press ENTER.
6. Highlight the units to display, then press ENTER.

## **SET UP YOUR USER PROFILE**

Enter your name, gender, birth date, height, and weight to ensure accurate heart rate zone and calorie calculations.

1. Press and hold ENTER to bring up the Main Menu. Highlight CONFIGURATION, then press ENTER.
2. Highlight USER PROFILE, then press ENTER.
3. Highlight the setting to change, then press ENTER.
4. Highlight a letter, number, gender, or month, then press ENTER.

## CONNECT THE HEART RATE SENSOR TO THE CYCLE TRAINER™

1. Make sure you are at least 30 feet away from other heart rate sensors.
2. Wet the heart rate sensor pads, and fasten the sensor firmly to your chest, just below your sternum.
3. Press and hold ENTER to bring up the Main Menu. Highlight CONFIGURATION, then press ENTER.
4. Highlight ACCESSORIES, then press ENTER.
5. Highlight SENSORS, then press ENTER.
6. Highlight HEART RATE, then press ENTER.
7. Highlight SCAN, then press ENTER.

Note: When SCAN changes to ON, the computer has connected with the sensor.



## ABOUT HEART RATE ZONES

A good heart rate for increasing aerobic endurance is 70-80% of your maximum heart rate. Higher or lower values will help you achieve different goals.


The Cycle Trainer™ automatically calculates your maximum heart rate and heart rate zones based on your gender and age. However, you can set up custom heart rate zones if you choose. See Setting Up Heart Rate Zones in the complete User Manual available at: [www.timex.com/manuals](http://www.timex.com/manuals)

## CONNECTING OTHER ANT+ SENSORS

You can pair to ANT+ Power Meters, Speed, Cadence, and combination Speed/Cadence Sensors. Please reference the online user manual for this.

## GET A GPS SATELLITE FIX

To get the most out of the Cycle Trainer™ computer, you need to get a good satellite fix with the GPS.


The  icon on the Time screen indicates how strong the GPS fix is. When the icon is blinking, the GPS is still seeking a fix. When the icon is solid, the GPS has a satellite fix. More bars indicate a stronger signal.

In order to obtain a GPS fix:

1. Go outdoors.
2. Move away from buildings and tall trees.
3. Make sure the face of the Cycle Trainer™ computer is pointed at the sky.
4. Stand still until the satellite fix is obtained.

## TAKE A RIDE

Start the timer in Speedometer mode to begin timing a ride. While the timer is running, the Cycle Trainer™ computer records speed, distance, route, heart rate, and other data.

1. Press START to begin timing.
2. While the timer is running, press  to cycle through the display screens to view ride data.
3. Press STOP to pause the timer and stop recording.
4. While the timer is stopped, press RESET, highlight YES, and press ENTER to

reset the timer and save the ride.

5. Highlight CONFIRM?, then press ENTER.

## REVIEWING RIDES

Every time you reset the timer in Speedometer mode (and in the Trainer Function, if you chose to record data), the ride is saved. You can view it from the ACTIVITY INFO screens. Compare these saved rides against one another to track your progress, or follow the routes of your favorite rides on the map.

## CHOOSING RIDES AND VIEWING DATA

View the list of rides from the ACTIVITY INFO screen, and select a ride to view in more detail.

1. Press and hold ENTER to bring up the Main Menu. Highlight ACTIVITY, then press ENTER.
2. Highlight ACTIVITY INFO, then press ENTER.
3. Highlight TRAINING INFO, then press ENTER.



Saved rides are listed by date and time displays. The time, distance, average speed, average pace, calories burned, and average heart rate for the ride are displayed at the bottom of the screen.

4. To view ride details, press ▲ or ▼ to choose a ride, then press ENTER.

The ride details screen is displayed. You can view all of the data saved from Speedometer mode.

## REVIEW WORKOUT ONLINE

A free Timex® Trainer account powered by Training Peaks™ provides useful tools for saving and viewing ride data and organizing your training schedule based on your goals.

1. In a Web browser, navigate to **timexironman.com/deviceagent**
2. Click **Create Account** link at top.
3. Enter your information and click Submit.

## INSTALLING THE TIMEX® DEVICE AGENT

The Device Agent is software that runs on your computer. It allows you to connect the Cycle Trainer™ device to your computer so you can upgrade firmware, customize settings and download workouts.

1. In a Web browser, navigate to **www.timexironman.com/deviceagent**
2. Click the download link for the Cycle Trainer™ 2.0.
3. Follow the prompts to install the Device Agent.

See Uploading Rides to Training Peaks in the Online User Manual for more information on this.

## WARRANTY & SERVICE

### Timex International Warranty (U.S. Limited Warranty)

Your Timex® GPS product is warranted against manufacturing defects by Timex for a period of ONE YEAR from the original purchase date. Timex Group USA, Inc. and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your Timex® product by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model.

**IMPORTANT:** PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR PRODUCT:

1. after the warranty period expires;
2. if the product was not originally purchased from an authorized Timex retailer;
3. from repair services not performed by Timex;
4. from accidents, tampering or abuse; and
5. lens or crystal, mounting bracket, sensor case, attachments or battery. Timex may charge you for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE.

TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some countries and states do not allow limitations on implied

warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your GPS product to Timex, one of its affiliates or the Timex retailer where the GPS product was purchased, together with a completed original Repair Coupon or, in the U.S. and Canada only, the completed original Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your GPS watch to cover postage and handling (this is not a repair charge): a US\$ 8.00 check or money order in the U.S.; a CAN\$7.00 cheque or money order in Canada; and a UK£2.50 cheque or money order in the U.K. In other countries, Timex will charge you for postage and handling. NEVER INCLUDE ANY ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-328-2677 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call +55 (11) 5572 9733. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the

Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. Germany/Austria: +43 662 88921 30. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex retailer or Timex distributor for warranty information. In Canada, the U.S. and in certain other locations, participating Timex retailers can provide you with a postage-paid, Repair Mailer for your convenience in obtaining factory service.

**TIMEX INTERNATIONAL WARRANTY REPAIR COUPON**

Original Purchase Date: \_\_\_\_\_

(attach a copy of sales receipt, if available)

Purchased by: \_\_\_\_\_

(name, address, telephone number)

Place of Purchase: \_\_\_\_\_

(name and address)

Reason for Return: \_\_\_\_\_

\_\_\_\_\_

## DECLARATION OF CONFORMITY

**Manufacturers Name:** Timex Group USA, Inc.

**Manufacturers Address:** 555 Christian Road  
Middlebury, CT. 06762  
United States of America

Declares that the product:

**Product Name:** Timex Cycle Trainer 2.0 GPS Computer with  
Heart Rate

**Model Number:** M242, M503

Conforms to the following specifications:

### R&TTE: 1999/05/EC

Standards: EN 300 440-1 V1. 6.1 (2010-08) - M242  
EN 300 440-2 V1. 4.1 (2010-08) - M242  
EN 301 489-1 V1. 8.1 (2008-04) - M242  
EN 301 489-3 V1. 4.1 (2002-08) - M242  
EN 55022: 2006+A1: 2007, Class B - M242

EN 61000-4-2: 2009 - M242

EN 61000-4-3: 2006+A1: 2008+A2: 2010 - M242

EN 300 440-1 – V1.4.1: 2008 – M503

EN 300 440-2 – V1.2.1: 2008 – M503

EN 301 489-1 V1.8.1: 2008 – M503

EN 301 489-3 V1.4.1: 2002 – M503

### Digital Device Emissions

Standards:

FCC Part 15, Subpart B, Class B - M242

CISPR 22: 1997, Class B - M242

ANSI C63.4: 2003 - M242

### Immunity

Standards:

EN 55022: 2006+A1: 2007, Class B - M242

EN 55024: 1998+A1: 2001+A2: 2003 - M242 & M503

IEC 61000-4-2: 2008 ED. 2.0 - M242

IEC 61000-4-3: 2006+A1: 2007 ED. 3.0 - M242

IEC 61000-4-8: 2009 ED. 2.0 - M242

**LVD: 2006/95/EC**

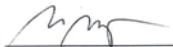
Standards:

EN 60950-1: 2006 + A11: 2009 + A1: 2010 - M242

EN 60950-1/A11: 2009 – M503

Supplemental Information: The product herewith carries the CE marking accordingly.

Agent:



Ramon Bayona, Director of QA & Regulatory

Date: 12 Dec. 2011 Middlebury, CT. USA

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