Thank you for purchasing **ALATECH** Cyclaid 10, Bluetooth Cycling Computer!

Your Cycling Computer employs low power Bluetooth 4.0 technology for you to exercise together with mobile devices or sensor accessories.

It helps a lot in your daily exercise training program.

**About this manual**

- Please read this manual carefully before using this product for its correct and effective use.

- Icons you may find in this manual:

<table>
<thead>
<tr>
<th>Icon</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>!</td>
<td>Notes.</td>
</tr>
<tr>
<td>💡</td>
<td>Tips and remarks.</td>
</tr>
<tr>
<td>Appendix</td>
<td>For other information and battery replacement, please refer to appendix.</td>
</tr>
</tbody>
</table>

- Please download and view the latest release of this manual at www.alatech.com.

**Items included with your product**

- **Cyclaid 10** Bluetooth 4.0 Cycling Computer
- Accessories: Holder, Fixing Pad, Cable Ties and CR2032 button battery
- Quick Start Guide
- Warranty Card

**Trademark**

- Bluetooth® is the registered trademark of Bluetooth SIG, Inc.
- Apple, Mac OS,iPhone, iPad, Multi-Touch are trademarks of Apple Inc.
- "HTC ONE" is a registered trademark of HTC Corporation.
- Android is a trademark of Google Inc.
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A Appendix
1-1 Applications

Please refer to the following application and operation index to know more about using your Cyclaid 10.

Use with sensor alone:

Your Cycling Computer may connect to two sensors with low power Bluetooth 4.0 technology\textsuperscript{1} at the same time.

Bicycling with your smartphone:

Bicycling with your smartphone or mobile devices connected with low power Bluetooth 4.0 technology\textsuperscript{2}.

\begin{itemize}
  \item Note 1: Compatible with ALATECH Heart Rate Strap (model CS009/CS010/CS011/CS012) ALATECH Speed & Cadence Sensor (model SC001BLE/SC002)
  \item Note 2: Compatible with any device running iOS 5.0 or Android 4.3 or later and featuring Bluetooth 4.0 (require installation of App: ALA COACH+).
  \item For more information on compatible mobile devices and supported accessories, please refer to page 23 or browse web site at www.alatech.com.
\end{itemize}
Application cross reference table:

<table>
<thead>
<tr>
<th>Application</th>
<th>Exercise readings</th>
<th>Recording method</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Heartbeat</td>
<td>Calories</td>
</tr>
<tr>
<td>Bicycling together with your smartphone</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Use with sensor alone</td>
<td>●</td>
<td>●</td>
</tr>
</tbody>
</table>

Operation index:

Use with sensors

Setup Hot Key | Setup sensor | Pair with sensor | System setup
---|---|---|---
Page 15 | Page 15 | Page 10-11 | Page 12-15
Install the Cycling Computer | Start bicycling | Browse records
Page 16 | Page 17-19 | Page 20-22

Bicycling with your smartphone

Install App | Setup Hot Key | Pair with mobile device | Pair with sensor | Sync. setup | Install the Cycling Computer | Sync. bicycling
---|---|---|---|---|---|---

Please refer to operation manual included with your sensors

- Please pair the optional sensor device with your cycling computer before its first use. (Page 10-11)
- Please complete the following pairing before using it together with smartphone for the first time:
  1. Pair the Cycling Computer with your smartphone or mobile device. (Page 24)
  2. Pair the optional sensor with your smartphone or mobile device.
In the standby mode, this may be the:
• Exercise Hot Key or Smartphone Hot Key
• Start bicycling
• Turn backlight

Press and hold the keys until the screen fully display to reset the Cycling Computer.
• Do the basic setups described in page 12-15 after Cycling Computer reset. If you have setup Cycling Computer with the ALA COACH+ App, you may re-sync settings to your Cycling Computer as described in “Phone sync” on page 26-27.
1-3 Screen Overview

- Status bar
- Current time
- Speed display
- Heartbeat display
- Pedaling frequency display
- Information display

### Symbol Table

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Name</th>
<th>Symbol</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>📱</td>
<td>Connection to Mobile Phone</td>
<td>🏆</td>
<td>Target Achievement Trophy</td>
</tr>
<tr>
<td>📣</td>
<td>Connection to Sensor</td>
<td>SPD</td>
<td>Speed</td>
</tr>
<tr>
<td>🍒</td>
<td>Battery 100% to 70% Indicator</td>
<td>💖</td>
<td>Heartbeat</td>
</tr>
<tr>
<td>🍒</td>
<td>Battery 70% to 40% Indicator</td>
<td>📈</td>
<td>Pedaling Frequency</td>
</tr>
<tr>
<td>🍒</td>
<td>Replace Battery Indicator</td>
<td>AVG</td>
<td>Average</td>
</tr>
<tr>
<td>📄</td>
<td>Upload File</td>
<td>MAX</td>
<td>Maximum</td>
</tr>
<tr>
<td>📄</td>
<td>AM</td>
<td>MPH</td>
<td>Speed in Imperial UOM</td>
</tr>
<tr>
<td>📄</td>
<td>PM</td>
<td>KPH</td>
<td>Speed in metric UOM</td>
</tr>
</tbody>
</table>

• Screen of the Cycling Computer sleeps when the latter being in standby mode.
• The screen displays symbol of currently active mode or the one you are about to enter into.
# 1-4 Switch the Function Mode

When using your product for the first time, press **,left arrow** to turn on Cyclaid 10 and select to English, Deutsch, Français, Español, Italiano, Português. After completing the language selected at the first time, press **, right arrow** to exit to standby mode, and then please refer to below instructions for use this product.

1. In standby mode, press **, arrow left** to enter the bicycling mode.
2. In standby mode, press **, arrow left** to switch the screen to individual window.
3. In the selected window, press **, arrow left** to enter.
4. Press **, arrow up** to switch flashing setup item or page, press **, arrow left** to change settings.
5. Press **, down arrow** 2~3 times in any window to exit to standby mode.

---

### Gadget Menu

<table>
<thead>
<tr>
<th>Training Program</th>
<th>Memory File</th>
<th>Hot Key Set</th>
<th>Sensor Set</th>
<th>Phone Sync</th>
</tr>
</thead>
<tbody>
<tr>
<td>Workout Program Selection</td>
<td>Log Function</td>
<td>Hot Key Setup</td>
<td>Sensor Setup</td>
<td>Synchronize with Smartphone</td>
</tr>
<tr>
<td>Exercise Statistics</td>
<td>Bike Settings</td>
<td>User Settings</td>
<td>Pair with Sensor</td>
<td></td>
</tr>
</tbody>
</table>

---

- **Note 1:** If you have already setup the Language Settings once, you can change it by going to SYSTEM SET > LANGUAGE.
- **Note 2:** In standby mode, press **, left arrow** to switch to bicycling mode (refer to page 15 Hot Key setup) and the screen will start the timer until the sensor and/or mobile connection is ready (the or appears on the status bar).
- **Note 3:** Press **, left arrow** to switch to individual setup window in standby mode.
### Function modes:

<table>
<thead>
<tr>
<th>Function modes</th>
<th>Description</th>
</tr>
</thead>
</table>
| **TRAINING PROG.**     | 1. Your Cycling Computer comes with low, moderate, and high exercise intensity and customizable training programs including: target heart rate zone and target time, distance, and calories. (Page 17-18)  
                          2. Execute training program and view instant exercise information. (Page 17 and 19) |
| **MEMORY FILE**        | 1. You can keep up to 7 records.  
                          2. Browse and delete file. (Page 20)  
                          3. Upload file. (Page 21) |
| **HOT KEY SET**        | Switch between hotkeys. (Page 15)                                                                                                       |
| **SENSOR SET**         | Sensor setup. (Page 15)                                                                                                                    |
| **PHONE SYNC**         | Sync. with Smartphone. (Page 26-27)                                                                                                       |
| **PAIRING SENSOR**     | 1. Pair with Your HRM. (Page 10)  
                          2. Pair with Your Speed and Cadence Sensor. (Page 11)                                                                                   |
| **USER SET**           | Setup personal data. (Page 14)                                                                                                            |
| **SYSTEM SET**         | Setup tire circumference (L), enable auto lap counting and setup single lap distance, enable backlight, setup date/time, and change language. (Page 12-13) |
| **EXERCISE STAT.**     | View total exercise amount including accumulated exercise time, distance and energy burnt. (Page 22)                                       |
2-1 Pair with Your HRM

1. In standby mode, press ← to point to PAIRING SENSOR, press → to enter.
2. In the PAIRING HRM window, press → to create Bluetooth connection and start pairing.
3. Paired successfully, message OK prompts, press → to exit.
   Pairing failed, message NO-DEV prompts, press → to exit to PAIRING HRM and starts from STEP 2 again.

Please refer to the Heart Rate Strap manual on wearing it properly, or press and hold the metal button at the back of the heart rate sensor (HRM) with both hands until the "OK" message prompts in your Cycling Computer.

- Make sure HRM is set to ON in the Sensor Setup window. (Page 15)
- Keep your heart rate sensor and Cycling Computer within 10cm from each other. Keep both away from other Bluetooth devices to prevent incorrect pairing.
1. In standby mode, press ← to point to **PAIRING SENSOR**, press → to enter.
2. Press ← to point to **PAIRING SPD/CAD**, press → to create Bluetooth connection and start pairing.
3. Paired successfully, message **OK** prompts, press 3 to exit.
   Pairing failed, message **NO-DEV** prompts, press 3 to exit to **PAIRING SPD/CAD** and starts from STEP 2 again.

Please refer to the Speed & Cadence Sensor manual to install the sensor and its included magnet to your bike, turn the crank counterclockwise until the sensor is connected to the Cycling Computer and the "OK" message prompts.

- Make sure **SPD/CAD** is set to **ON** in the Sensor Setup window. (Page 15)
- Activate your Speed & Cadence Sensor before pairing by cranking to start the sensor and establish connection. Your Speed & Cadence Sensor remains awake for one minute. It goes back to sleep mode again if no Bluetooth connection is enabled.
- Keep your Speed & Cadence Sensor and Cycling Computer close to each other and away from other Bluetooth devices for correct pairing.
Please setup your basic data before using your product.
You may setup your basic data with the ALA COAH+ App on your mobile phone or devices and synchronized it to your Cycling Computer.
See Page 26-27 for its operation.

3-1 System setup

1. In standby mode, press ← to point to SYSTEM SET, Press → to enter.
2. Press ← to point to the next setup item or page.
3. Press ← to change settings.
4. Press → to exit after setup is completed.
### Tire size:

You can find the tire size indicated at both sides of your wheel. For your reference, use the tire circumference (L) chart below.

<table>
<thead>
<tr>
<th>ETRTO</th>
<th>Tire size</th>
<th>L(mm)</th>
<th>ETRTO</th>
<th>Tire size</th>
<th>L(mm)</th>
<th>ETRTO</th>
<th>Tire size</th>
<th>L(mm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12×1.75</td>
<td>935</td>
<td>23-571</td>
<td>26×1(59)</td>
<td>1913</td>
<td></td>
<td>650×20C</td>
<td>1938</td>
<td></td>
</tr>
<tr>
<td>14×1.50</td>
<td>1020</td>
<td></td>
<td>26×1(65)</td>
<td>1952</td>
<td></td>
<td>650×23C</td>
<td>1944</td>
<td></td>
</tr>
<tr>
<td>14×1.75</td>
<td>1055</td>
<td></td>
<td>26×1.25</td>
<td>1953</td>
<td></td>
<td>650×35A</td>
<td>2090</td>
<td></td>
</tr>
<tr>
<td>16×1.50</td>
<td>1185</td>
<td></td>
<td>26×1-1/8</td>
<td>1970</td>
<td></td>
<td>650×38A</td>
<td>2125</td>
<td></td>
</tr>
<tr>
<td>47-305</td>
<td>16×1.75</td>
<td>1195</td>
<td>37-590</td>
<td>2068</td>
<td></td>
<td>18-622</td>
<td>2105</td>
<td></td>
</tr>
<tr>
<td>18×1.50</td>
<td>1340</td>
<td></td>
<td>26×1-1/2</td>
<td>2100</td>
<td></td>
<td>700×18C</td>
<td>2070</td>
<td></td>
</tr>
<tr>
<td>18×1.75</td>
<td>1350</td>
<td></td>
<td>26×1.40</td>
<td>2005</td>
<td></td>
<td>700×19C</td>
<td>2070</td>
<td></td>
</tr>
<tr>
<td>47-406</td>
<td>20×1.75</td>
<td>1515</td>
<td>40-559</td>
<td>2010</td>
<td>20-622</td>
<td>700×20C</td>
<td>2086</td>
<td></td>
</tr>
<tr>
<td>20×1-3/8</td>
<td>1615</td>
<td>47-559</td>
<td>26×1.75</td>
<td>2023</td>
<td>23-622</td>
<td>700×23C</td>
<td>2096</td>
<td></td>
</tr>
<tr>
<td>22×1-3/8</td>
<td>1770</td>
<td>50-559</td>
<td>26×1.95</td>
<td>2050</td>
<td>25-622</td>
<td>700×25C</td>
<td>2105</td>
<td></td>
</tr>
<tr>
<td>22×1-1/2</td>
<td>1785</td>
<td>54-559</td>
<td>26×2.00</td>
<td>2055</td>
<td>28-622</td>
<td>700×28C</td>
<td>2136</td>
<td></td>
</tr>
<tr>
<td>24×1</td>
<td>1753</td>
<td>26×2.10</td>
<td>2068</td>
<td>700×30C</td>
<td>2146</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24×3.4 Tubular</td>
<td>1785</td>
<td>57-559</td>
<td>26×2.125</td>
<td>2070</td>
<td>32-622</td>
<td>700×32C</td>
<td>2155</td>
<td></td>
</tr>
<tr>
<td>24×1-1/8</td>
<td>1795</td>
<td></td>
<td>26×2.35</td>
<td>2083</td>
<td></td>
<td>700C Tubular</td>
<td>2130</td>
<td></td>
</tr>
<tr>
<td>24×1-1/4</td>
<td>1905</td>
<td>57-559</td>
<td>26×3.00</td>
<td>2170</td>
<td></td>
<td>700×35C</td>
<td>2168</td>
<td></td>
</tr>
<tr>
<td>47-507</td>
<td>24×1.75</td>
<td>1890</td>
<td>27×1</td>
<td>2145</td>
<td></td>
<td>700×38C</td>
<td>2180</td>
<td></td>
</tr>
<tr>
<td>24×2.00</td>
<td>1925</td>
<td>27×1-1/8</td>
<td>2155</td>
<td>40-522</td>
<td>700×40C</td>
<td>2200</td>
<td></td>
<td></td>
</tr>
<tr>
<td>24×2.125</td>
<td>1965</td>
<td>32-630</td>
<td>27×1-1/4</td>
<td>2161</td>
<td></td>
<td>29×2.1</td>
<td>2288</td>
<td></td>
</tr>
<tr>
<td>26×7/8</td>
<td>1920</td>
<td></td>
<td>27×1-3/8</td>
<td>2169</td>
<td></td>
<td>29×2.3</td>
<td>2326</td>
<td></td>
</tr>
</tbody>
</table>

### Language Settings reference table:

<table>
<thead>
<tr>
<th>Options</th>
<th>Languages</th>
<th>Options</th>
<th>Languages</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>English</td>
<td>Deutsch</td>
<td>German</td>
</tr>
<tr>
<td>Español</td>
<td>Spanish</td>
<td>Italian</td>
<td>Italian</td>
</tr>
<tr>
<td>Français</td>
<td>Portuguese</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Tire size setup range:** [1900mm](#) [1900mm](#)
- **Single lap distance setup range:** 1-5 kilometers.
- **You may turn on the backlight for 5 seconds by pressing the key after the backlight option is selected.**
- **The back light may be too dim to be noticed under direct sun light.**
Please enter your age, gender, height and weight accurately as these may determine the accuracy in calculating your target training heartbeat and burnt calories range.

The maximum heart rate is derived from the "Age Formula: 220 - Age" formula automatically. It is highly recommended to change these settings only with more accurate values arrived with physicians and professional lab monitoring.

Note 1: If you are above your target heart rate zone limits, the heart rate value starts flashing.

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### Setup page:

<table>
<thead>
<tr>
<th>Setup page</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>UNIT (Unit of measure)</td>
<td>• UOM option: metric CM / KG or Imperial FT / LB</td>
</tr>
<tr>
<td>GENDER</td>
<td>• MALE or FEMALE</td>
</tr>
<tr>
<td>AGE</td>
<td>• Setup range: 10-99 year-old</td>
</tr>
<tr>
<td>HEIGHT</td>
<td>• Setup range: 120-230 cm (3’ 11” ~ 7’ 5”)</td>
</tr>
<tr>
<td>WEIGHT</td>
<td>• Setup range: 30-150 KG (67-330LB)</td>
</tr>
<tr>
<td>HR MAX (Maximum heart rate)</td>
<td>• Setup range: 130-220 bpm</td>
</tr>
<tr>
<td>HR ALERT NOTE 1</td>
<td>• ON or OFF</td>
</tr>
</tbody>
</table>

---

1. In standby mode, press ← to point to USER SET, Press → to enter.
2. Press ← to change setup page.
3. Press ← to change settings.
4. Press 3 to exit after setup is completed.

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**Cyclaid 10**, Bluetooth Cycling Computer

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**Basic Setup**

**3-2 User Setup**
3-3 Hot Key Setup

1. In standby mode, press ← to point to HOT KEY SET, press → to enter.
2. Press ← to switch between hotkeys: CONNECT PHONE (Smartphone Hot Key) or CONNECT SENSOR (Exercise Hot Key).
3. Press 3 to exit after setup is completed.

3-4 Sensor Setup

1. In standby mode, press ← to point to SENSOR SET, press → to enter.
2. Press ← to switch between HRM or SPD/CAD setup screen.
3. Press ← to select ON (connect) or OFF (disconnect).
4. Press 3 to exit after setup is completed.

- Your Cycling Computer can connect to two Bluetooth 4.0 sensors (Heart Rate Strap and Speed & Cadence Sensor) at one time.
- Please only connect sensors required by specific exercises to save time in search for Bluetooth connections.
Install the Cycling Computer

Accessories included with your product:

- Holder
- Fixing pad
- Cable Ties
- CR2032 button battery

Installation method:

Stem

Handlebar

(Cite page 30 for battery installation.)
1. In standby mode, press’hui’ to point to TRAINING PROG., press ‘’ to enter.
2. Press ‘’ to switch between training programs.
3. When pointed to training target area for manual setup (e.g. the green labeled area), press ‘’ to point to flashing setup item, press ‘’ to change settings. (See cross reference in page 18)
4. After setup, press ‘’ to start bicycling.
5. Press ‘’ to view instant information during bicycling. (See cross reference in page 19)
6. Stop bicycling, press ‘’ to end, select Exit, press YES/NO, ‘’ to confirm, press again ‘’ to view results of current bicycling, press ‘’ to exit, select Save, press YES/NO, ‘’ to confirm, the system returns to standby mode after bicycling data is saved.
Exercise Mode

Training programs:

<table>
<thead>
<tr>
<th>Training program</th>
<th>Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LIGHT</strong> 114~133</td>
<td>Light*</td>
<td>• Intensity: 60~70% of the maximum heart rate.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Application: health upkeep and weight control.</td>
</tr>
<tr>
<td><strong>MOD.</strong> 133~152</td>
<td>Medium*</td>
<td>• Intensity: 70~80% of the maximum heart rate.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Application: aerobic exercise and advanced fitness training.</td>
</tr>
<tr>
<td><strong>HARD</strong> 152~171</td>
<td>Strong*</td>
<td>• Intensity: 80~90% of the maximum heart rate.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Application: sports games and athletic training.</td>
</tr>
<tr>
<td><strong>HR-SET</strong> 129~144</td>
<td>Target Heart Rate Zone</td>
<td>• Setup range: <strong>129~144</strong> lower limit 70-144 bpm  <strong>129~144</strong> upper limit 144-220 bpm</td>
</tr>
<tr>
<td><strong>TARGET TIME</strong></td>
<td>Target Training Time</td>
<td>• Setup range: <strong>0 : 30</strong> 0-99 hours <strong>0 : 30</strong> 5-55 minutes</td>
</tr>
<tr>
<td><strong>TARGET DIST</strong></td>
<td>Target Distance</td>
<td>• Setup range in metric unit: 0.5-999.9 kilometer.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Setup range in Imperial unit: 0.5-619.5 miles.</td>
</tr>
<tr>
<td><strong>TARGET CALORIE</strong></td>
<td>Target Burning Calorie</td>
<td>• Setup range: 50-10,000 Cal (Kcal).</td>
</tr>
</tbody>
</table>

- Training program marked with "*" symbol is calculated by your Cycling Computer system according to your age setup. You may customize the target heart rate range with the **HR-SET** program.
- The upper and lower limit of heartbeat varies with your age. Please choose and set a proper training target on the basis of your physical fitness before every exercise session.
- After a custom training target is achieved, a champion trophy displays on the screen.
- Precautions before exercising:
  1. Make sure the optional sensor has been paired with your Cycling Computer. (Page 10-11)
  2. Set the Cycling Computer Hot Key to **CONNECT SENSOR**. If you have set HOT KEY to **CONNECT SENSOR**, you may skip the training program selection by pressing key \ in the sleep mode to start exercise timing directly. (Page 15)
  3. Please only connect sensors required by specific exercises to save time in search for Bluetooth connections. (Page15)
  4. Activate your Speed and Cadence Sensor before using by cranking to start the sensor and establish connection. Your Speed and Cadence Sensor remains awake for one minute. It goes back to sleep mode again if no Bluetooth connection is enabled.
  5. In case your Cycling Computer lost connection with the sensor during bicycling, the message "**LINK HR** or **LINK SC**" prompts, press \ to select option **YES** or **NO**, press \ to confirm your choice. If you choose option **YES**, your Cycling Computer starts searching for the sensor again, searched successfully, continue timing. If you choose option **NO**, your Cycling Computer continues the timing without searching for the sensor.
  6. If your Cycling Computer has not received a signal for 4 hours during bicycling, Cycling mode will automatically end and return to standby mode.
### Instant exercise screen:

- **Connection to the sensor**
- **Current Time**
- **Speed**
- **Heartbeat**
- **Pedal Frequency**
- **Exercise Timing**
- **Trip Distance**
- **Calories**
- **Slope**
- **Height**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Name</th>
<th>Description</th>
</tr>
</thead>
</table>
| SPD       | Speed<sup>Note 3</sup> | • Kilometers (Miles) per hour  
            | • Display in metric unit: KPH (Km per Hour)  
            | • Display in Imperial unit: MPH (Mile per Hour)  |
|           | Heartbeat<sup>Note 2</sup> | • Heartbeat per minute  
            | • Display unit: BPM (Heartbeat per Minute)  |
|           | Pedal Frequency<sup>Note 3</sup> | • Pedaling frequency in minute  
            | • Display unit: RPM (Rate per Minute)  |
|           | Exercise Timing | • Display format: HH:MM:SS 00:00:00 |
|           | Trip Distance | • The minimum metric display unit: 0.1 KM  
            | • The minimum Imperial display unit: 0.1 ML  |
|           | Calories<sup>Note 2</sup> | • Display in unit of Kcal (Cal)  |
|           | Slope<sup>Note 5</sup> | • In unit of percentage (%)  |
|           | Height<sup>Note 5</sup> | • The metric display unit: 1 meter (M)  
            | • The Imperial display unit: 1 foot (FT)  |

- **Note 1**: The symbol display at top of screen once connected with the sensor and smartphone.
- **Note 2**: Value of heartbeat and calories display only when worked together with Heart Rate Strap. The heartbeat reading flashes once the target area is exceeded.
- **Note 3**: Value of speed, pedal frequency and trip distance display only when worked together with Speed and Cadence Sensor.
- **Note 4**: When viewing current other information, name of the reading displays 1 second before its value does.
- **Note 5**: Slope and height readings derived from GPS of your phone display only when a smartphone or mobile device is connected.
6-1 Browse and Delete File

1. In standby mode, press ← to point to MEMORY FILE, press → to enter.
2. Press ← to point to file selection, → to enter, press → to page through the file.
3. Viewing single lap data Note 1: in the VIEW LAPS window, ← select YES, → to confirm, press ← to view single lap data in sequence, press 3 after viewing to back to last page.
4. To delete a file: in the DELETE FILE window, ← select YES, → to confirm the deletion.
5. Press 3 to exit after the operation is completed.

Other information reference table:

<table>
<thead>
<tr>
<th>File Information</th>
<th>Name</th>
<th>File Information</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRIP TM 00:30:53</td>
<td>Exercise Time</td>
<td>VIEW LAPS</td>
<td>Select to view single lap data Note 1 (See STEP 4)</td>
</tr>
<tr>
<td>TRIP DST 8.1 KM</td>
<td>Distance</td>
<td>UPLOAD FILE</td>
<td>Upload File (See page 21)</td>
</tr>
<tr>
<td>CALORIE 174 Cal</td>
<td>Calories</td>
<td>DELETE FILE</td>
<td>Delete File (See STEP 5)</td>
</tr>
<tr>
<td>LAPS 08</td>
<td>Number of Laps</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Note 1: You may get to view average speed/heartbeat/pedaling frequency/time per laps.
- Maximum number of laps: 50, lap equivalence: metric: one kilometer per lap. Imperial: one mile per lap.
1. Open ALA COACH+ App > Settings > My Sensors > Cycling Computer > Cycling Computer Data Import > SMART CYCLING.

2. In the Cycling Computer MEMORY FILE > desired file selection > UPLOAD FILE window, press to select YES, to confirm and create Bluetooth connection, connected, press App Start button.

3. After the uploading is completed, the App prompts OK, press App Save button and then press the button at upper left corner to exit the mobile device, press at your Cycling Computer to exit.

**Precautions on file uploading:**

1. Make sure the mobile device has paired with your Cycling Computer. (Page 24)
2. Check the mobile device > Settings > Bluetooth® system and ALA COACH+ App > Settings > My Sensors > Cycling Computer is ON.
View Exercise Statistics

1. In standby mode, press ← to point to **EXERCISE STAT.**, press → to enter.
2. Press ← to page through accumulation data.
3. Press again → to enter the **RESET** window. To reset accumulation data \(^1\), ← select **YES**, → to confirm your choice.
4. Press  to exit after the operation is completed.

**EXERCISE STAT.**

- **Total TME**: 3 HR
- **Total DST**: 45 KM
- **Total CAL**: 1128

**Accumulated Exercise Time**

**Accumulated Distance**

**Accumulated Energy Consumption**

**Confirm window**

- **RESET**
- **NO**
- **YES**

---

- Execute **RESET** to clear total exercise amount data.
- The **RESET** function does not erase the exercise file. To delete it, go to **MEMORY FILE**, and select individual file for deletion.
8-1 Install App and Enable the Bluetooth Function

Please install the ALA COACH+ App on your mobile device before connecting to it and open your mobile device's Bluetooth® function for functions including pairing, synchronizing exercises, and file uploading.

Search and install: ALA COACH+

Supported OS: Apple iOS 5.0 or later, Android 4.3 or later

Compatible mobile devices:
- iPhone 4S or later
- iPod Touch 5 or later
- iPad 3 or later
- iPad mini or later
- HTC One Max
- HTC One (M8)

Please make sure you have turned on your mobile device > Settings > Bluetooth® system in advance.

Please pair your optional sensor with the mobile device. (See user manual included with the sensor for the pairing procedure.)
8-2 Pair Your Cycling Computer with Mobile Device

STEP1 Check your mobile device > Settings > Bluetooth® system is open. (Page 23)

STEP2 Set Cycling Computer Hot Key to CONNECT PHONE. (Page 15)


STEP4 Pairing steps:
1. When Cycling Computer is in standby mode, press to create Bluetooth connection.
2. Once your Cycling Computer is discovered by the App, press to start pairing.
3. Once pairing is completed, the App prompts OK, press the upper left button to exit the mobile device and key 5 to exit your Cycling Computer.

Pairing completed, click to exit.

You may rename it.

Keep your mobile device and Cycling Computer within 10cm from each other and keep both away from other Bluetooth devices to prevent incorrect pairing.
8-3 Smartphone Exercise Sync.

STEP1
Open ALA COACH+ App > Homepage, scroll to Bike and press Start button.

STEP2
Operation steps:
1. When Cycling Computer is in standby mode, press to create Bluetooth connection.
2. When the App prompts every device is discovered and ready, after countdown, the App and your Cycling Computer sync. starts timing.
3. Press to view instant information during bicycling.
4. Stop bicycling, press Cycling Computer’s key and OK to exit, the Cycling Computer exit to standby mode to sleep, the App exit to the Homepage and save data of current results.

Connection to mobile phone.
Press to stop bicycling.
Instant exercise screen

Precautions on connecting smartphone for Exercise Sync.:
1. Make sure your mobile device has been paired with your Cycling Computer. (Page 24)
2. Make sure your mobile device has been paired with your optional sensors. (See user manual included with the sensor for the pairing procedure.)
3. Make sure the Cycling Computer Hot Key is set to CONNECT PHONE. (Page 15)
4. Check the mobile device > Settings > Bluetooth® and ALA COACH+ App > Settings > My Sensors > Cycling Computer is ON.

(Continued on next page.)
8-4 Synchronize with Smartphone

STEP1

STEP2
Setup in sequence.

Precautions on connecting smartphone for Exercise Sync.:
5. Basic settings from ALA COACH+ App in your mobile device applies when bicycling with synchronized smartphone.
6. Please keep your mobile device and Cycling Computer within 10 meters direct sight distance from each other during exercise sync.
7. The exercise result data would be saved in ALA COACH+ App > FILE instead of your Cycling Computer after the exercise is ended and also added to your Cycling Computer's total cumulative exercise duration, burned calories and distances.

Connect to Smartphone or Mobile Device

8-4 Synchronize with Smartphone

(...Continued from previous page.)

8-4 Synchronize with Smartphone

STEP1

STEP2
Setup in sequence.

Precautions on connecting smartphone for Exercise Sync.:
5. Basic settings from ALA COACH+ App in your mobile device applies when bicycling with synchronized smartphone.
6. Please keep your mobile device and Cycling Computer within 10 meters direct sight distance from each other during exercise sync.
7. The exercise result data would be saved in ALA COACH+ App > FILE instead of your Cycling Computer after the exercise is ended and also added to your Cycling Computer's total cumulative exercise duration, burned calories and distances.


Synchronize to the user settings USER SET
Synchronize to the sensor settings SENSOR SET
Synchronize to the system settings SYSTEM SET
Synchronize to the training targets TARGET SET
Synchronize to the system settings SYSTEM SET

Setup in sequence.
STEP3
Open ALA COACH+ App > Settings > My Sensors > Cycling Computer > User Setting Sync. > SMART CYCLING.

STEP4
Synchronization steps:
1. When Cycling Computer is in standby mode, press ← to point to PHONE SYNC., press → to create Bluetooth connection, after connected, press the App Start button.
2. Once Sync. is completed, the App prompts OK, press the App upper left button to exit the mobile device, and Key 5 to exit your Cycling Computer.

Precautions on connecting smartphone for Synchronizing with Smartphone:
1. Check the mobile device > Settings > Bluetooth® system and ALA COACH+ App > Settings > My Sensors > Cycling Computer is ON.
2. Make sure your smartphone or mobile device has been paired with your Cycling Computer otherwise, please pair the two in advance. (Page 24)
3. Keep your mobile device and Cycling Computer within 10cm from each other and keep both away from other Bluetooth devices during synchronization.
Specifications

- Product: **Cyclaid 10**, Bluetooth Cycling Computer
- Model: CB300
- Operation temperature: -10°C to 60°C (14°F to 140°F)
- Water proof grade: IPX7
- Battery type: CR2032
- Battery life: Around one year on average
  (on the basis of exercise seven days per week and one hour per day)
- Battery low indicator
- Backlight: EL

- Transmission technology: Bluetooth 4.0 (Bluetooth® Smart)
- Receiving transmission distance: around 10 meters (line of sight)
- Compatible accessories:
  - ALATECH Bluetooth 4.0 Heart Rate Strap (Optional)
  - ALATECH Bluetooth 4.0 Speed & Cadence Sensor (Optional)
- Compatible devices:
  - iOS 5.0 or later system version (iPhone 4S or later)
  - Android 4.3 or later system version

- Dimension: L60.5×W37.5×D13.5mm
- Weight: 27.8g
- Material employed: ABS case
Precautions for use with Cyclaid 10

• Due to we cannot guarantee compatibility with other manufacturer's sensors, we sincerely recommend you use ALATECH Bluetooth sensors with your Cyclaid 10 for bicycle activity tracking. Recommend compatible sensors as below:
  - ALATECH Heart Rate Strap (model CS009/CS010/CS011/CS012)
  - ALATECH Speed & Cadence Sensor (model SC001BLE/SC002)

• To ensure sufficient transmission range from your heart rate strap to your smartphone, keep your smartphone in front of you. We recommend you do not put it in a back pocket or backpack during smartphone exercise sync.

Take Care of your Cyclaid 10

• DO NOT drop or hit your Cycling Computer.
• DO NOT expose your Cycling Computer to extreme temperature or humidity.
• DO NOT use general purpose non-adhesive screen sheet to protect the panel from scratching.
• DO NOT try to disassemble, repair or modify your Cycling Computer. Fail to do so may void the warranty.

Fail to Connect to Bluetooth Devices

• In case your Cyclaid 10 failed to connect to a Bluetooth device, please do the following:
  1. Check battery power in your Cycling Computer and the mobile device.
  2. Make sure the Cycling Computer HOT KEY is set to CONNECT PHONE. (Page 15)
  3. Check whether your Cycling Computer is enabled, ALA COACH+ App>Settings>My Sensors>Cycling Computer.
  4. Keep the mobile device and your Cycling Computer within 10 meters direct sight distance from each other.
  5. If the Bluetooth indicator on the device status bar turn from white to semi transparent, restart the mobile device, Bluetooth® system and ALA COACH+ App.
  6. Restart the mobile device, Bluetooth® system and ALA COACH+ App.
  7. If the problem persists, please try pairing the mobile device with other Bluetooth device to find out the cause is caused by any of your Cycling Computer, the mobile device, or the Bluetooth® system.

• If your Cyclaid 10 failed to connect with sensors through Bluetooth, please do the following:
  1. Check battery power in your Cycling Computer and the sensor.
  2. Make sure the Cycling Computer HOT KEY is set to CONNECT SENSOR. (Page 15)
Health Warnings

• Consult your doctor before starting or changing your exercise program.

Replace Battery Indicator

Once the battery power is down to a certain level; the following functions may be affected or limited:

• Bluetooth connection lost and link with sensor or mobile device failed.
• Backlight failed to turn on.
• TRAINING PROG. cannot be performed.
• The device will reset itself when the power goes out.

Replaced the battery immediately, if any of the above conditions occurs or a Replace Battery Indicator appears.

Battery Installation

1. Use a coin to twist it counter-clockwise to .
2. Remove the cover and insert (replace) the battery (type: CR2032) into the sensor with positive (+) side facing up.
3. Place the battery cover ( points to ). Use a coin to twist the cover clockwise to close ( points to ).

Precautions on the Use of Battery

Button battery in your Cycling Computer may suffer shortened life cycle or cause damage to the core, fire, chemical burns, electrolyte leakage, and/or personal injury.

• DO NOT expose your device to a heat source or high temperatures.
• DO NOT burn or drill your device or its battery.
• Please store your device in environment with a temperature range from -10°C to 60°C (14°F to 140°F ) if it is not to be used for long time.
• DO NOT use your device in environment with temperatures exceeding -10°C to 60°C (14°F to 140°F ).
• Please check local regulations for disposal of your device / battery or contact local waste disposal agencies.
Warnings on replaceable batteries:
- DO NOT remove batteries with pointed object.
- Keep batteries out of children's reach.
- DO NOT disassemble, drill, or damage batteries.
- Please replace batteries with correct ones. Fail to do so may lead to fire or explosion.
- Replaced button battery may contain perchlorate substance and require special disposal. Warnings on non-replacement battery: DO NOT try to remove non-replacement battery.

<table>
<thead>
<tr>
<th>CAUTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.</td>
</tr>
</tbody>
</table>

FCC Declaration of Conformity

This device complies with Part 15, FCC Code. Operation of this device is subject to the following two conditions:
1. Devices may not cause interference.
2. Must accept interference from other sources, including interference that may cause undesired operation. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

• FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.