

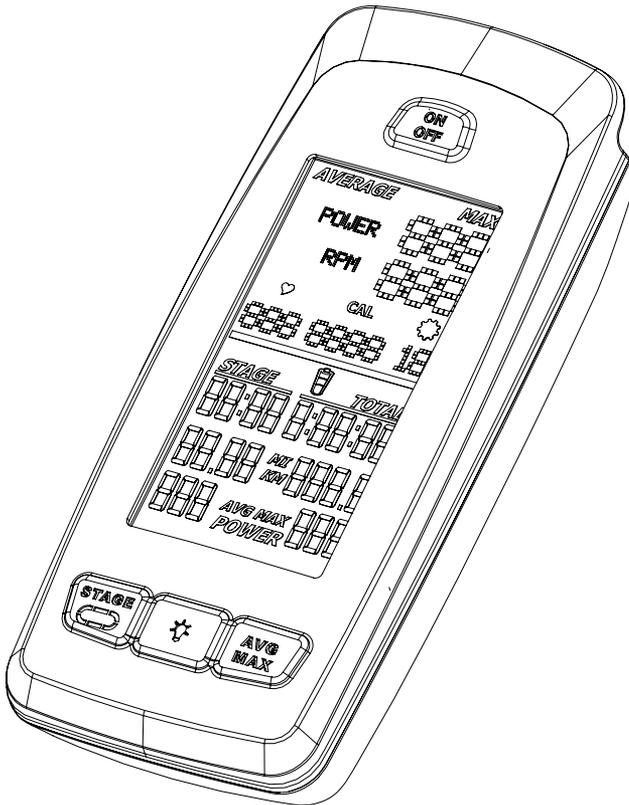


SCHWINN

MPower™ Echelon2 Console



Owner's Manual



Introduction

Welcome to the new Schwinn® Console system! Your new console will add measurement to your Schwinn® bike, giving you more training options than ever before.

Key features of the Schwinn® system:

Ease of Use

Push the ON/OFF button to activate console

Options in Workout

Access AVG/MAX values at any time during workout

Activate optional “gear” display for visual cue of resistance level

Reliability

“Plug and Play” design eliminates wireless communication issues common to modern fitness environments

Readability

Large, easy to read characters laid out in a way designed for how you train

Connectivity

Save workout data wirelessly via ANT+, or with data output through USB

Easy Set-up

Simply plug the components of the system together, calibrate the console per the installation instructions, and you are ready to ride

Long Battery Life

System uses 2 C cell batteries, which will last up to 12 months.*

Batteries are located in one, easy to access location for simple replacement

***Assumes an average usage of 20 hours per week without backlight usage. Backlight usage and usage with external leader board systems can reduce battery life.**

Specifications

Console

Length	7.1" (18 cm)
Width	3" (7.7 cm)
Thickness	1.9" (4.8 cm)
Weight (console w/ sensor)	2.0 lb (0.9 kg)
Shipping Weight	2.8 lb (1.3 kg)

Speed Sensor

Length	3.3" (8.3 cm)
Width	2.5" (6.4 cm)
Thickness	1.5" (3.7 cm)

Power Sensor

Length	4.2" (10.7 cm)
Width	2.6" (6.6 cm)
Thickness	1.0" (2.5 cm)
Weight	0.17 lb (0.1 kg)
Shipping Weight	0.22 lb (0.1 kg)

Power Requirements

Console	(2) C Batteries (LR14)
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DO NOT dispose of this product as refuse. This product is to be recycled. For information on the proper method of disposal, contact a Customer Service representative. Contact information is available in the Contacts section of this manual. For additional information, please visit:

www.SchwinnEquipment.com



This device is for indoor use only.



This device conforms to European safety standards found in EN60950-1.



This device broadcasts data using the ANT+ Fitness Equipment profile. For more information on the fitness equipment profile and for a list of compatible devices, visit www.thisisant.com.

Patent Information: This product may be covered by US and Foreign Patents and Patents Pending.

Important Safety Instructions



Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Before using this equipment, obey the following warnings:



Read and understand the complete Owner's Manual. Keep Owner's Manual for future reference. Read and understand all warnings on this machine. If at any time the warning stickers become loose, unreadable or dislodged, contact Customer Service for replacement stickers.

- Children must not be let on or near this machine. Moving parts and other features of the machine can be dangerous to children.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.
- If you have a pacemaker or other implanted electronic device, consult your doctor before using the wireless chest strap or other telemetric heart rate monitor.
- Do not use or put the machine into service until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.
- Read and understand the complete Owner's Manual supplied with the machine before first use. Keep the Owner's Manual for future reference.



There is a risk of explosion if the battery is replaced with an incorrect type. Dispose of used batteries according to the manufacturer's instructions.

FCC Compliance

Please note that the changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device,

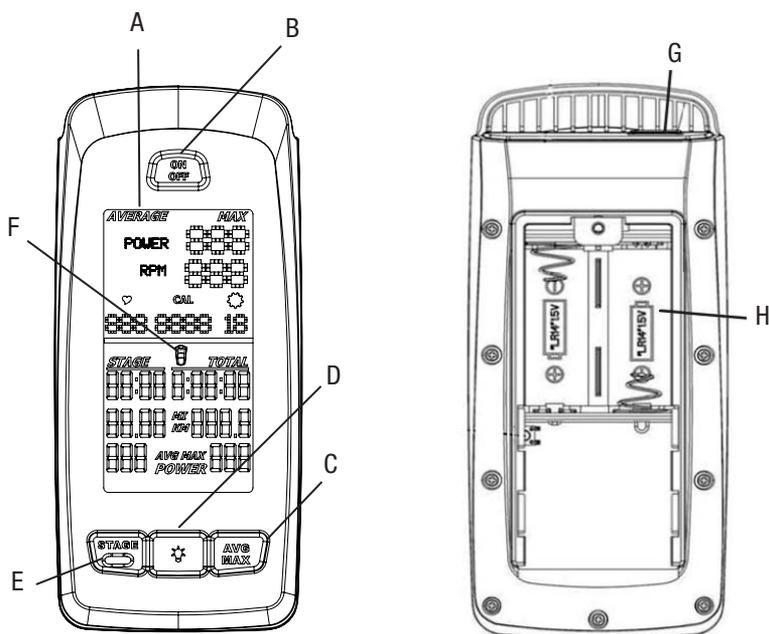
pursuant to Part 15 of the FCC Rules. These limits are designed to provide a reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: --Reorient or relocate the receiving antenna. -- Increase the separation between the equipment and receiver.

--Connect the equipment into an outlet on a circuit different from that to which the receiver is connected. -- Consult the dealer or an experienced radio/TV technician for help.

Warranty Terms

For U.S. customers, to find the latest warranty terms go to the Schwinn® Equipment website at www.schwinnequipment.com. For customers outside the U.S. contact the distributor for your country and region for warranty terms.

Features



A	Backlit LCD Display	F	Battery Level
B	ON/OFF Button	G	USB Port
C	AVG/MAX Button	H	Battery Bay
D	Backlight Button		
E	STAGE Button		

Backlit LCD Display

During the workout, the multi-function, backlit LCD shows your workout measurements, results, user setup data and console diagnostics.

To turn on the backlight, push the Backlight button. The backlight turns off after 10 seconds to conserve the batteries. This backlight setting can be adjusted in the Service menu.

Heart Rate Monitor

The console receives heart rate data from the heart rate monitor (HRM).

The console can read heart rate data from an ANT+ 2.4GHz or Polar® compatible 5kHz wireless chest strap.

ANT+ 2.4GHz Wireless

The ANT+ 2.4GHz Wireless Heart Rate Monitor (HRM) sends heart rate data to the console after proximity linking occurs during the User Setup. The console can read the

Features

HRM data to a distance of 118" (3 m) during Workout Mode.

If you have a compatible paired ANT+ Sport Watch and ANT+ HRM, the console links with the Sport Watch and reads the heart rate data from it., if the watch is compatible. The Schwinn console uses the ANT+ Fitness Profile.

Visit www.thisisant.com for a directory of compatible devices.

Standard EM 5kHz Pulse

The console uses the EM (electromagnetic) 5kHz pulse wireless protocol to read heart rate data from the standard heart rate monitors (HRMs), such as a Polar® transmitter chest strap.

Workout Data Storage

The console sends workout data to the user's data storage device -- for example, a USB flash memory device or a sport watch.

ANT+ Sport Watch for Data Storage

During Workout Mode the console sends workout data to the ANT+ Sport Watch. When the proximity linking is complete, the watch and console can send and read data up to 118" (3 m).

Visit www.thisisant.com for a directory of compatible devices.

USB Interface / Data Storage

The console can save workout data to a USB data storage device. You can connect the USB storage device to the console during User Setup or after the workout ends. The USB output specification is (5Vd.c., 350mA).

During Workout Mode the console sends workout data to the USB device:

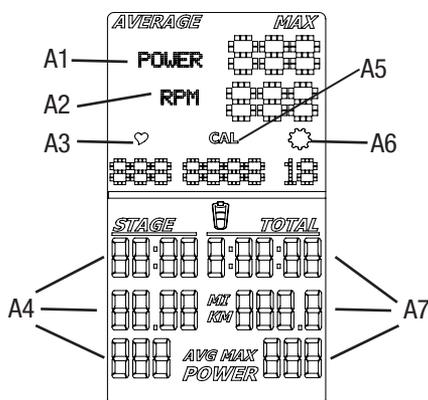
- Workout (total) -- Time, Distance, Calories, Power, RPM, Avg Power, Max Power, Avg HR and Max HR.
- Workout Stages -- Time, Distance, Avg Power, Max Power, MAX RPM. Consoles with firmware V1.1 and later also report AVG and MAX heart rate for each stage.

If you connect the USB device after the workout ends, the console only sends the Total Summary data to the USB device. Workout Data is stored as a .csv file with the name MPOWERXX.csv. XX is the two-digit number from 1 to 99, the console will automatically save using the next available number on the USB device if files are already present.

The USB port also gives access to update the console firmware by a Service Technician. There is a USB symbol that will flash next to the RPM when the console is uploading data to the USB stick. The stick must remain in the plug as long as the USB symbol flashes. Once the symbol stops flashing, the stick can be removed.

Features

LCD Display Data



A1	POWER (Watts)	A5	Cal (Calories)
A2	RPM (Cadence)	A6	Gear Indicator
A3	Heart Rate	A7	TOTAL Time, Distance and Power
A4	STAGE Time, Distance and Power		

***Note:** To change the measurement units to English Imperial or metric, refer to the User Setup section of this manual.

Power

The power display field shows the Power in Watts that you are producing at the current resistance level (1 horsepower = 746 Watts). Power data only shows if there is a power sensor installed on the bike.

RPM

The RPM display field shows the current pedal revolutions per minute (RPM).

Heart Rate

The Heart Rate display field shows the heart rate in beats per minute (BPM) from the heart rate monitor (HRM). When the computer is ON, it will search for a signal from a compatible heart rate strap for 30 seconds. During this time, the HR symbol will flash. If a strap is detected, the HR symbol will stop flashing and remain solid while displaying the HR. If a signal is not detected after 30 seconds, the HR symbol will disappear. The user may reinitiate the pairing process by pressing and releasing the ON/OFF button.

NOTE: The heart rate monitor is not a medical test, nor is it designed as a medical test. It is simply a guide to target heart rate training. Please consult with your physician prior to engaging in any strenuous physical activity. Schwinn® does not warrant the heart rate system performance on this product, as the heart rate system performance varies based on a user's physiology, fitness level, age, method of use, and other factors.

Features



Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.

Calories

The Calories display field shows the estimated calories that you have burned during the exercise. This value is calculated based on POWER if a Power Sensor is installed. Calories are not calculated if a power sensor is not installed. Consoles with firmware V1.1 or later have to ability to turn the CAL display OFF in the service menu.

Workout Stage

The STAGE display field shows the time, distance and AVG/MAX power in the current Stage of the workout. Time and distance values start at zero and count forward until the end of the Stage. Power is averaged for the current stage.

Gear

The gear display field shows a number from 0-36 indicating resistance level. The gear display can be turned OFF in Service Mode.

Workout Totals

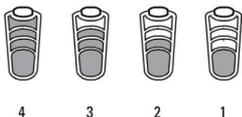
The TOTAL display field shows the total time, distance and avg/max power for the entire workout period.

Keypad

The multi-function keypad lets you set the console measurements for your workout, see and update your workout data, and examine the console diagnostic messages. Tap the ON/OFF button to activate the console from Sleep Mode. The Operations section of this manual gives you the procedures for using the buttons in each Operations mode. The Backlight button sets your selections in User Setup Mode and Service Mode.

Battery Level

The Battery Level icon shows the battery level for the console. All four segments of the icon are on when the battery level is high. When the battery level is low, only the bottom segment is on. The bottom segments flashes when battery level is very low.



If the battery level is too low to continue operation, the console display flashes the message "LO batt" and the console goes into Sleep Mode. If this occurs during a workout, the workout stops and the console display shows the workout results for 10 seconds. Then the "LO batt" message displays and the console goes into Sleep Mode.

Bike Sensor Data

The console receives data from the bike's sensors and uses the data to calculate workout results.

RPM Sensor

The Schwinn® console comes with a RPM sensor for the bike. This sensor transmits data from the flywheel to the power sensor and the console.

Operations

Power (Watts) Sensor

The Power sensor is an optional upgrade. The power sensor calculates rider Power (Watts) production from the brake resistance mechanism.

For detailed instructions on how to install the Echelon2 console, RPM sensor, and optional power upgrade kit, refer to the Installation Instructions included on the CD that is in the console kit. Or go to the Schwinn Equipment website at www.schwinnequipment.com/customer-resources and search for product information on the Echelon2.

Pause Mode

The computer will go into Pause mode when the user stops pedaling. It will remain in Pause mode for 5 minutes unless the rider begins pedaling. While in Pause mode, the timer will continue running; however the computer will stop calculating Avg Power, Avg RPM, and Avg HR. The computer will go back to Ride mode if the user starts pedaling within the 5 minutes. If the user does not begin pedaling after 5 minutes have elapsed, the computer will enter Summary mode. The computer will remain in Summary mode for 2 minutes, during which time the display will flash ride results including Avg and Max values.

User Setup Mode

In User Setup Mode the console collects user data to calculate and record workout data. Proximity linking to the user's HRM or ANT+ watch also occurs while in User Setup.

Use the appropriate instruction for monitoring equipment.

- USB storage device --install the device in the USB port.
- ANT+ watch --link to the console. Move the watch to 2"-4" (5-10 cm) or less from the ANT+ Link Here icon on the console and hold it there until proximity linking is complete. 
- ANT+ HRM --link to the console. Lean into the console so that the HRM is 7.5"-31" (20-80 cm) from the ANT+ Link Here logo, until a value is displayed.

Note: If you have an ANT+ Sport Watch and paired ANT+ HRM, it is only necessary for the console to link with the sport watch. However, if you have an ANT+ Sport Watch and EM 5kHz HRM, the console links to the watch and the HRM.

Visit www.thisisant.com for a directory of compatible devices. The Schwinn console uses the ANT+ Fitness profile.

ANT+
Watch



HRM



Operations

Display Results Mode

To stop the workout and go to Display Results Mode, push the AVG/MAX button and hold it down for 3 seconds or longer. The console shows total Calories, total time and distance, and the Max and Average values. After 2 minutes the console sets the values back to zero and goes into Sleep Mode.

Push the ON/OFF button and hold for 3 seconds to exit Display Results Mode and go to Sleep Mode.

Ride Mode

When the console is powered on and rider begins to pedal, the console is in Ride Mode. When the cadence decreases to zero, the console pauses and the LCD display shows the last workout data values. If you stay paused for more than 5 minutes, the workout ends and the console goes into Display Results Mode.

To start the STAGE time, distance and power calculations, tap the STAGE button. Values will calculate until the STAGE button is tapped again, at which time the values will freeze on the display. Tap the STAGE button again to clear the values and begin a new stage.

At any time while in Ride Mode, access Maximum and Average values by pressing AVG/MAX button. One press will display Average values, a second press will display Maximum values. Display will return to workout values after 3 seconds, or with a third push.

To end the workout, push the AVG/MAX button and hold for 3 seconds. The console goes to Display Results Mode.

To turn off the console, push the ON/OFF button and hold for 3 seconds.

Service Mode

The Service Mode menu lets Service Technicians set the bike configurations, see maintenance data, do calibrations and upgrade the console firmware.

- To go to Service Menu, push and hold the STAGE and AVG/MAX buttons for 5 seconds
- To scroll through the Service Mode menu and sub menu options, tap the STAGE or AVG/MAX button
- To make selections and go to submenu options, push the Backlight button
- To exit Service Mode, tap the STAGE or AVG/MAX button until you see the EXIT option, then push the Backlight button

Note: RPM must be 0 to enter Service Mode.

For detailed instructions on how to configure, calibrate, and update firmware, refer to the Installation Instructions included on the CD that is in the console kit. Or go to the Schwinn Equipment website at www.schwinnequipment.com/customer-resources and search for product information on the Echelon2.

Gear

This option sets the GEAR function to ON or OFF.

Operations

Units (English/Metric)

Set the Unit Measures for distance to km/mi.

Calibrate

The option allows calibration of the power sensor, manual adjustment of the output values and allows views of current values being reported by the power sensor.

Calibration Options:

- Zero Point --Calibrates power sensor using calibration tool
- Power Adjust --Allows user to manually adjust the power calculation in console from -99% to +99%. When Power Adjust is set to any % other than 0, the console will adjust the calculated power values by this % for display. This adjustment will also affect the values calculated from power: distance and calories.
- Current Angle --Allows user to see current angle being reported by Power Sensor
- Exit --Return to main menu

Batteries

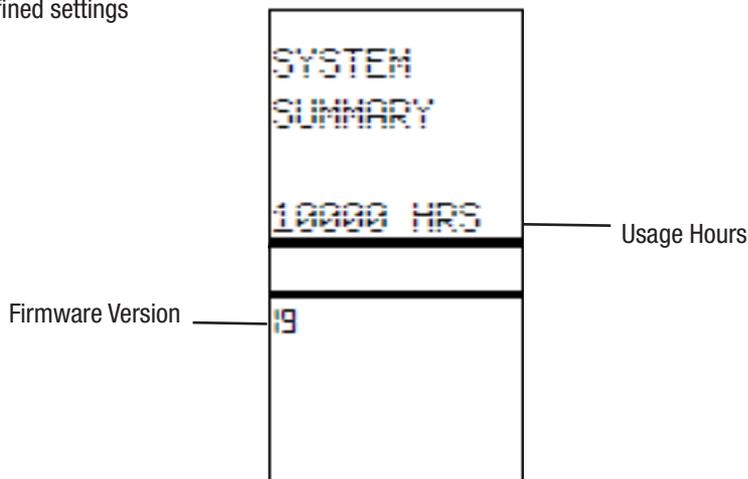
Estimated percentage of battery life remaining in the batteries.

System

This option lets user access console summary data and perform a console reset for software updates.

Options:

- Summary --Displays usage hours and console firmware version.
- Reset --Resets the console to factory default settings
- Load FW --Allows user to upload new firmware to the console while maintaining user defined settings



Operations

Carbon Blue

Set this option to ON for bikes with Carbon Blue belt drive, otherwise set to OFF.

Open ANT+ Channel

Set this option to ON when console is being used with a group display system, otherwise set to OFF.

Backlight

Settings for the function of the backlight. Options are:

- Setting can be set to TIMER 10, TIMER 15, TIMER 20, ON or OFF. When a TIMER option is selected, pressing the light button during Ride Mode will turn on the backlight for the number of seconds indicated (10, 15, 20). ON will keep backlight always on, OFF keeps the backlight always off.
- LIGHT HOLD can be set ON or OFF. When this option is ON, a rider can press and hold the light button for 3 seconds while in Ride Mode, and that will cause the light to stay on until the light button is pressed again.

Note: Backlight usage has significant effect on battery life, plan accordingly.

Maintenance



Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be replaced immediately or the equipment removed from service until the repair is made. Only manufacturer supplied components can be used to maintain and repair the equipment.



This product, its packaging, and components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This notice is provided in accordance with California's Proposition 65. If you would like additional information, please refer to our website, www.schwinnequipment.com.



Before each use, inspect the exercise machine for loose, broken, damaged, or worn parts. Do not use if found in this condition; repair or replace all parts at the first sign of wear or damage. After each use, use a damp cloth to wipe your equipment and computer free of sweat.

Important: To avoid damaging the finish on your bike and console, never use a petroleum-based solvent when cleaning. Avoid getting excessive moisture on the console. Replace the batteries as necessary

- Console -- (2) C batteries (LR14)

Replacing the Console Batteries

If you need to replace the batteries in the console:

- Remove the screw that attaches the end of the console bracket to the back of the console
- Remove cable protective cap
- Unplug the cable from the back of the console
- Move the console up along the console bracket to open the battery bay
- Remove the old batteries
- Put the new batteries in the console. Make sure that they point in the correct direction (+ and -)
- Move the console down the console bracket to close the battery bay
- Plug the cable back into the console
- Attach the console to the console bracket with the screw
- Attach the cable protective cap

Contact your Distributor or Core Health & Fitness directly

Troubleshooting

Condition/Problem	Check	Solution
Console does not come on	No batteries or dead batteries	Replace batteries
Distance display is not accurate	Display set to wrong unit of measure (English/Metric)	Go to Service Mode menu and change the Units configuration
Power display is not accurate	Range of Power values	Go to Service Mode menu and select Calibration. Do the calibration procedure. If Power values still seem off, user Power Adjust feature to manually adjust output
No RPM display	RPM Sensor	Make sure the sensor is close enough to the flywheel so it can sense the magnet
No Power (Watts) display	Power Sensor	Ensure RPM sensor working -Power will not be displayed if RPMs are not picked up. Ensure all cables plugged in securely and not damaged.
No Heart Rate display when using chest strap	Transmitter contact with skin	Moisten skin contact area on the chest strap. Ensure you lean close to the console during User Setup to get a connection
	Electromagnetic interference	Turn off any Television, AM radio, microwave, or computer within 6 feet (2 meters) of the bike
	Chest strap transmitter	Test chest strap with another HRM device such as HR watch or a machine at the gym. If transmitter has good skin contact and still doesn't send a HR signal, replace battery. If new batteries do not solve the problem, replace the chest strap transmitter
	HR receiver	If chest strap is known to work with other devices and no sources of interference are present, or console is tested with a Pulse Simulator and does not receive the signal, contact Customer Service

Contacts

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