Manuals+

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KETTLER

KETTLER HOI Ride Plus Computer
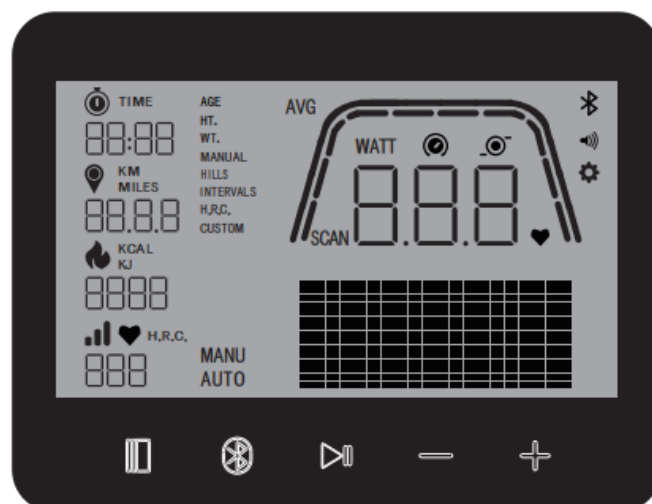
Specifications

- Display: LCD screen
- Buttons: 5 buttons – Workout, Connect, Start/Enter, Minus, Plus
- Connectivity: Bluetooth LE/ANT+
- Modes: Manual, Auto, Hills, Intervals, HRC, Custom

Product Usage Instructions

Idle Mode

When you switch on the display, you will enter the Idle Mode.Here, you can:

- Start a Quick Start workout
- Access alternative workout options
- Connect to peripheral devices
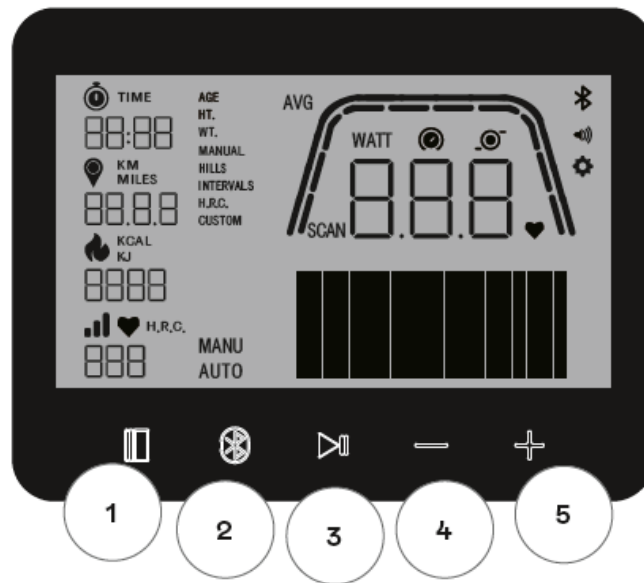- Access console settings

Button Functions

- **Workout button:** Select between user management, connectivity functions, settings, and workouts. Press and hold for 5 seconds to force a console restart.
- **Connect button:** Connect to Bluetooth ANT+ devices.
- **Start**/**Enter button:** Begin and end a workout.
- **Minus button:** Decrease the current settings value.
- **Plus button:** Increase the current settings value.

Display Switch-off

The display will switch off after 4 minutes of inactivity to conserve power.

FUNCTION OF THE BUTTONS

The training computer is equipped with five buttons. The following functions are allocated to these buttons:

In the Idle Mode

When switching on the display, you will enter the Idle Mode. You can start a Quick Start workout, access alternative workout options, connect to peripheral devices, or access console settings.

1. **Workout button**

   Select between user management, connectivity functions, settings, and workouts,s, or accept a selection choice as applicable.

   Also, you can press and hold this button for 5 seconds to force the console to shutdown and restart.

2. **Connect button**

   Connect Bluetooth LE/ANT+ devices to the console.

3. **Start/Enter button**

   Provides the user with the ability to begin and end a workout.

4. **Minus button**

   Used to decrease the current settings value.
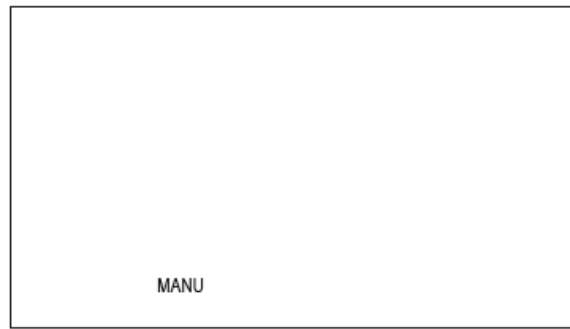
5. **Plus button**

   Used to increase the current settings value.
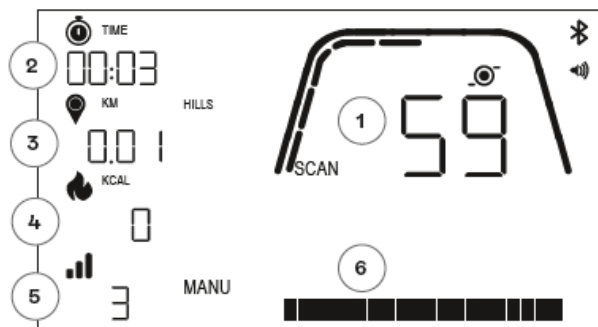
Display switch-off

After 4 minutes of inactivity, the display switches off.

IDLE SCREEN

The default screen for IDLE MODE is the IDLE screen shown below:

MANU

WORKOUT SCREEN

The WORKOUT screen provides the following information for you:

1. **Key Metrics Display**

   This area of the display can show either Speed (KM/H or MPH), RPM, Watts, or Heart Rate. Surrounding the numeric readout is a gauge that shows the relative intensity of each of the selectable data elements listed above.

2. **Time Display**

   This is the numeric indicator of the elapsed time for the current workout or the remaining time for an active time interval segment.

3. Distance Display

   This is the numeric indicator of the accumulated distance for the current workout or the running distance for an active distance interval segment. Distance can be displayed in either kilometers (KM) or miles. The selection between KM and Miles can be done in Settings Mode.

4. Energy Display

   This is the numeric indicator of the accumulated energy burned for the current workout. En- ergy can be displayed in either KCAL or KJ. The selection bwteen KCAL or KJ can be done in Settings Mode.

5. Level/Watt Display

   Shows current resistance level in MANU-Mode or WATT in AUTO-Mode.

6. Profile Display

   Shows training profile in levels (MANU-Mode) or in wattsTT (AUTO-Mode)

GENERAL FUNCTIONS

Sleep Mode – if no RPM signal or no key pressed after 4min, the console will enter Sleep Mode. Pressing any key to start the pedaling will wake up the display.

Software Updates – Information regarding software updates will be provided on www.kettlersport.com

USER MANAGEMENT

To enter USER MANAGEMENT press WORKOUT button and navigate with +/- to USER. To select a user (U1-4 press +/- button, confirm user with WORKOUT button to enter more specific information and press WORKOUT button to save user settings. Press START/ENTER to continue.

You can define age, gender, height and weight. You can also enter a username by using any 3 letters that identify the user. It's recommended to use initials. U00 stands for Guest User, please note that workout data for Guest User won't be stored.
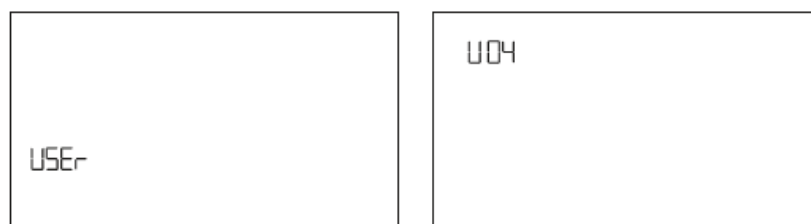
QUICK START MODE

To begin a workout quickly the user can press the START/ENTER button. Then start pedaling. To pause your workout stop pedaling and start pedaling to return to WORKOUT mode again.

To end the workout long long-press the START/ENTER button. If there is no activity for more than 4 minutes, the session will be finished and display your average training data.

AUTO AND MANU MODE

All Kettler HOI ergometers are equipped with AUTO and MANU modes. After the training has started, you have the option to switch between AUTO and MANU modes by pressing the Start/Enter key.

AUTO mode (RPM independent)

In this mode, you enter the target output in Watt by pushing +/- button the target value will change. The ergometer system will calculate the braking resistance from the Watt target value and the current pedalling frequency and will change it immediately, when the pedalling frequency is changed. This will ensure that you train constantly at the pre-set Watt output.
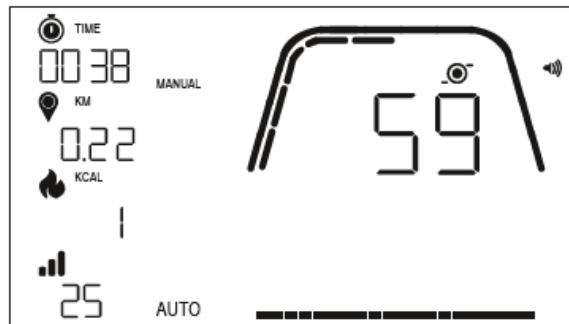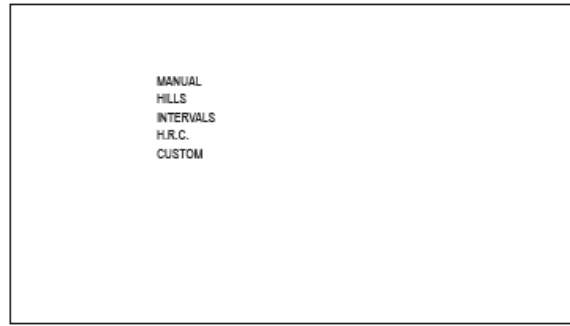

MANU mode (RPM dependent)

Choose brake resistance (or "a gear") in MANU mode. This stays constant, regardless of your pedal frequency. The power in Watt is the end result and changes in the case of changes to the resistance level or pedal frequency.

WORKOUT MODES

```
MANUAL
HILLS
INTERVALS
H.R.C.
CUSTOM
```
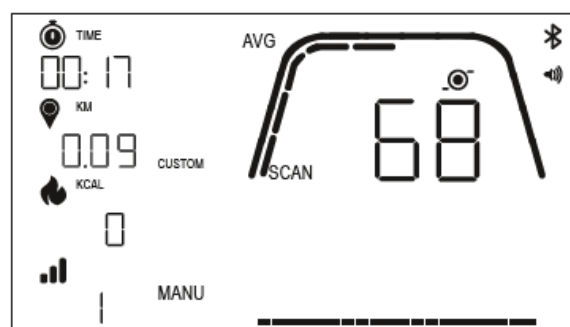
To select specific workouts, press the WORKOUT button. You can choose between the following options:

- MANUAL
- HILLS
- INTERVALS
- H.R.C.
- CUSTOM

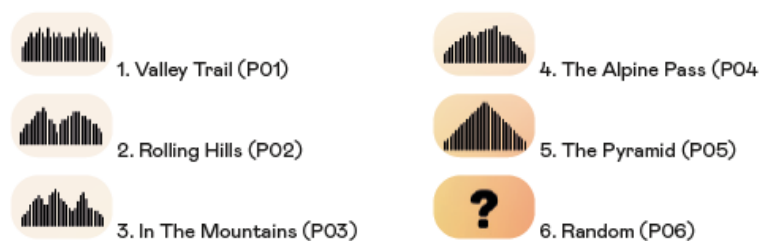To navigate between workouts, use the +/- button and the WORKOUT button to confirm.

MANUAL WORKOUT

To select this workout, press the WORKOUT button. Now you can select your goals based on time, distance, and energy, and confirm with the WORKOUT button. To start the workout, press the START/ENTER button. (see example screens below)
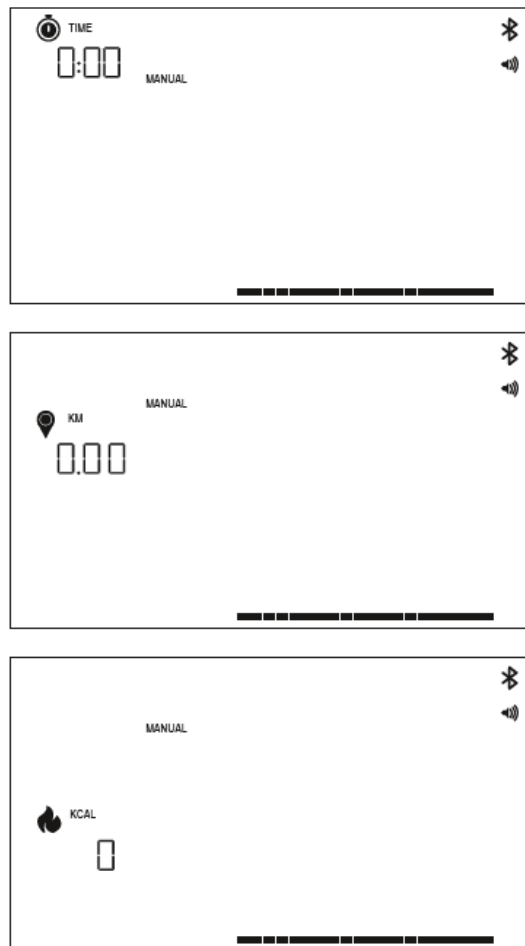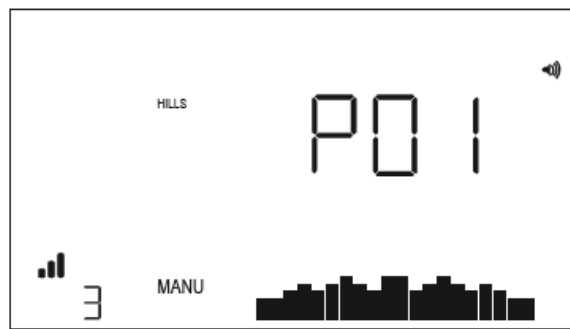
HILLS WORKOUT

To select this workout, press the WORKOUT button. Now you can select between AUTO and MANU mode by using the +/- button, and press the WORKOUT button to confirm. Now you choose between 6 didifferentorkout proprofiles01-06)

1. Valley Trail (P01)
2. Rolling Hills (P02)
3. In The Mountains (P03)
4. The Alpine Pass (P04
5. The Pyramid (P05)
6. Random (P06)

To navigate between the workout profi les use the +/- button. To select a specifi c workout profi le press WORKOUT button.

You can then select your workout goals (+/- Button), confi rm with WORKOUT button. Then start pedaling to begin your workout.
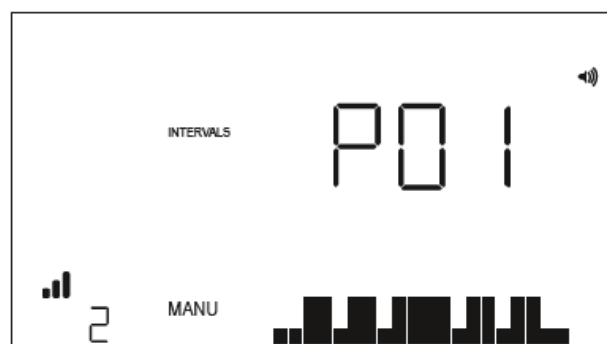
INTERVALS WORKOUT

To select this workout pre, ss the WORKOUT button. Now you can switch between AUTO and MANU mode by using the +/- button, and press the WORKOUT button to confirm.

Now you can choose between the following options:

To navigate between the workout profi les use the +/- button. To select a specifi c workout profi le press WORKOUT button.

You can then select your workout goals (+/- Button), confi rm with WORKOUT button. Then start pedaling to begin your workout.

H.R.C. WORKOUT

To select this workout press WORKOUT button. You then define your target heart rate by +/- button and confirm with WORKOUT button. You can then select your workout goals (+/- Button), confirm with WORKOUT button. Then start pedaling to begin your workout. It is required that a heart rate signal is constantly available on the console.

HRC Workout – CONSTANT HR

For a CONSTANT HR workout, the user shall first enter their Age and Target HR for the workout. The Target HR is initially determined based on the following formula:

TARGET HR = (220 – AGE) x 0.7

The above equation essentially states that the suggested target is 70% of the user's suggested maximal heart rate.

As an example, for a 40-year-old, the suggested TARGET HR is (220-40) x 70% or 180 x 0.7 or 126 BPM.

Once the TARGET HR value has been entered, press the WORKOUT button. You can then select your workout goals. To start the workout, press the START/ENTER button.
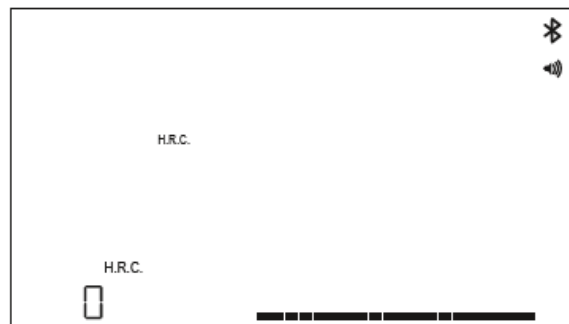
CUSTOM WORKOUT

To select this workout press WORKOUT button. Now you can then select between AUTO and MANU mode by using +/- button, press WORKOUT button to confirm.

To select resistance level choose your level by pressing +/- button and to save the custom workout by pressing WORKOUT button. You can then select your workout goals by using +/- button, confirm with WORKOUT button. Then start pedaling to begin your workout.
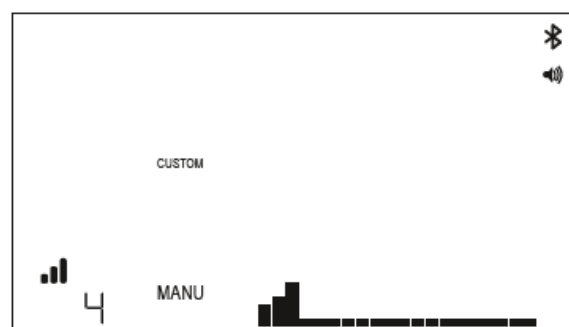

CONNECTIVITY MODE

GENERAL

This console is capable of connecting to both ANT+ and BLE heart rate straps. In addition, the console shall be able to connect to smartphone or tablet apps via BLE. The console shall also be able to connect to both a heart rate strap (ANT+ or BLE) and simultaneously connect to a smartphone app.

CONNECTING TO A SMARTPHONE OR TABLET APP VIA BLUETOOTH LE (FTMS)

The Bluetooth pairing process is initiated automatically after the start of the console. The Bluetooth icon at the top right of the display shall begin to flash at a 1Hz rate to indicate that the Bluetooth radio is advertising and is looking for an available mobile device App to pair with.
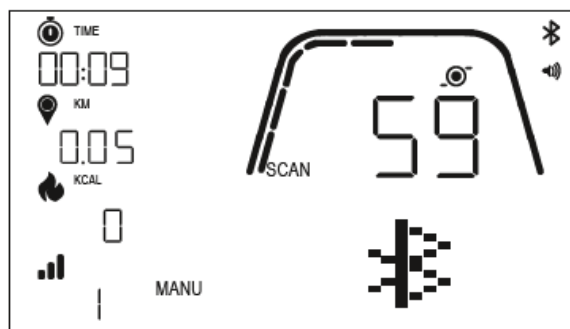
While the console is advertising,   user may connect to a compatible App (e.g., Kinomap, Zwift, GymTrakr, etc.) via their smartphone or tablet. Refer to the app's documentation regarding how to connect to fitness equipment that supports FTMS. When the console successfully pairs with a smartphone or tablet App, the BT advertising will end, the console will return to normal function, and the Bluetooth icon shall stay on and no longer blink. During the workout, the console transmits the user's workout data to the connected App.

In the respective A, PP, the advertised label will be "Kettler ####". Note that this advertised label is not visible in Apps.

CONNECTING TO A BLE HR STRAP

When connecting to a BLE HR strap, "BLE" shall be displayed in the HR window and the console will connect to the HR strap. Once the connection to the BLE HR strap has been made, the detected heart rate value shall be displayed in the HR window and the heart icon shall blink.

Once a connection has been made to a BT HR strap, the console shall also be able to connect to a smartphone app simultaneously. The behavior described above applies. Note that a connection must be made to a heart rate strap before establishing a connection to a smartphone if you want to connect to both simultaneously.

CONNECTING TO AN ANT+ HR STRAP

To connect to an ANT+ HR strap, no connections to the console shall be active. To connect the console to an ANT+ compatible heart rate chest strap, press and hold the CONNECT button for 5 seconds. When connecting to an ANT+ HR strap, "Ant" shall be displayed in the HR window, and the console shall connect to the HR strap. Once the connection to the ANT+ HR strap has been made, the detected heart rate value shall be displayed in the HR window, and the heart icon shall blink.

If a connection has been made to an ANT+ HR strap, the console shall also be able to connect a smartphone app simultaneously via BLE. The behavior described above applies. Note that the user must connect to a heart rate strap before establishing a connection to a smartphone if they want to connect to both simultaneously.

CONNECTION RESET

If you are having an issue connecting with any device, you can try to reset the console.
– Resetting the console also resets the state of the connections to peripheral devices.
A console reset can be performed by holding the WORKOUT button down for 5

seconds. The console will then shut down and restart. Note that it may be necessary to close and reopen the smartphone or tablet app that you would like to connect to to ensure that the app's connection state has also been reset.

DATA SHARING HOI CLOUD

You have the option to transfer your training data to the HOI Cloud to share your data with other training platforms. Please refer to the enclosed information to activate your fitness device.

SETTINGS MODE

To enter SETTINGS MODE press WORKOUT button and navigate with +/- to SETTINGS MODE and confirm with WORKOUT button.

To select different settings use WORKOUT button and then use +/- button to change detailed settings of distance unit, energy unit, buzzer volume on/off. You can also display the software version (U x.xx) and statistics such as total time and distance. FACT is only for service purposes.

Distance unit select

Press + – to select a unit of kilometers or miles.

Energy unit select

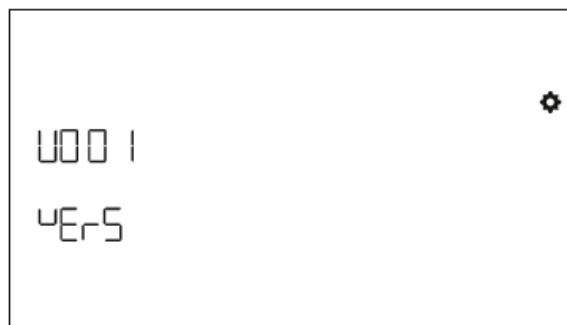Press + – to select a unit of KCAL and KJ.

Buzzer volume setting
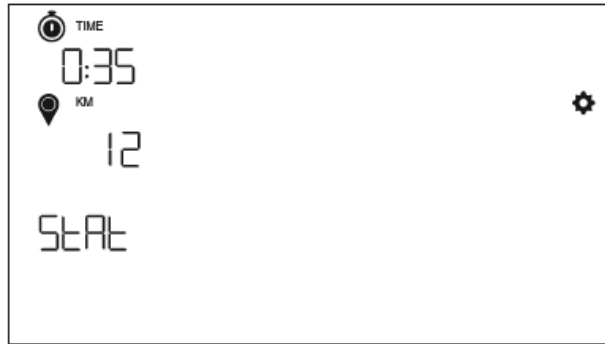
Press + – to select volume setting.

Software Version

Display software version.

Workout statistics

Cleared after factory reset.

FAQS

- **How do I connect the device to peripheral devices?**

  To connect the device to Bluetooth LE/ANT+ devices, press the Connect button and follow the on-screen instructions for pairing.

- **How can I start a workout?**

  To start a workout, use the Start/Enter button. Select your desired workout mode and begin your exercise session.

Documents / Resources

	[KETTLER HOI Ride Plus Computer](#) [[pdf](#)] Instruction Manual HOI Ride Plus Computer, HOI, Ride Plus Computer, Plus Computer, Computer

References

- [User Manual](#)

🏷 Computer, HOI, HOI Ride Plus Computer, KETTLER, Plus Computer, Ride Plus

📁 KETTLER   Computer

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