



[Home](#) » [KETTLER](#) » **KETTLER HOI Speed Computer Instruction Manual** 

Contents [[hide](#)]

- [1 KETTLER HOI Speed Computer](#)
- [2 FUNCTION OF THE BUTTONS](#)
- [3 IDLE SCREEN](#)
- [4 GENERAL FUNCTIONS](#)
- [5 TIME INTERVAL WORKOUT SCREENS](#)
- [6 PAUSE/SUMMARY MODE](#)
- [7 CONNECTIVITY MODE](#)
- [8 SETTINGS MODE](#)
- [9 HEART RATE TEST SCREEN](#)
- [10 Documents / Resources](#)
 - [10.1 References](#)

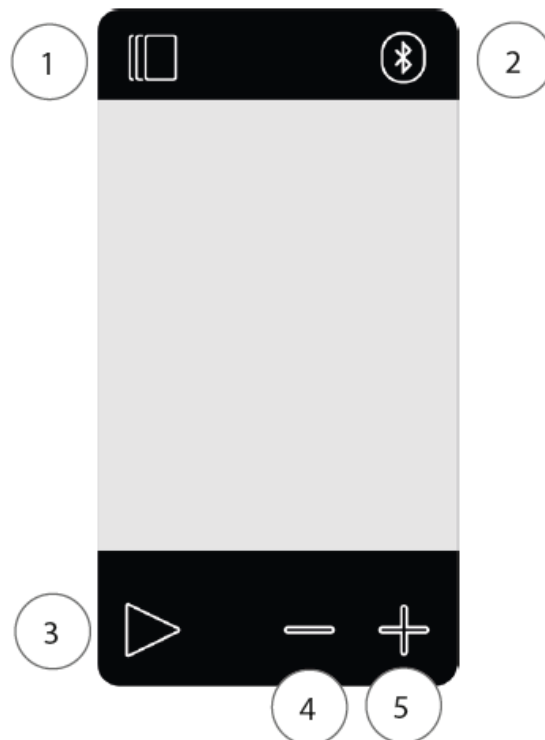
KETTLER

KETTLER HOI Speed Computer



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 workouts options, connect to peripheral devices, or access console settings.

1. Workout button

Select between time, distance, energy, and interval based workouts.

2. Connect button

Connect to Bluetooth LE/ANT+ devices to the console.

3. Start/Enter button

Provides the user with the ability to begin a workout or accept a selection choice as applicable.

4. Minus button

Used to decrease the current settings value. Also, you can press and hold this button for 5 seconds to force the console to shutdown.

5. Plus button

Used to increase the current settings value.

Display switch-off

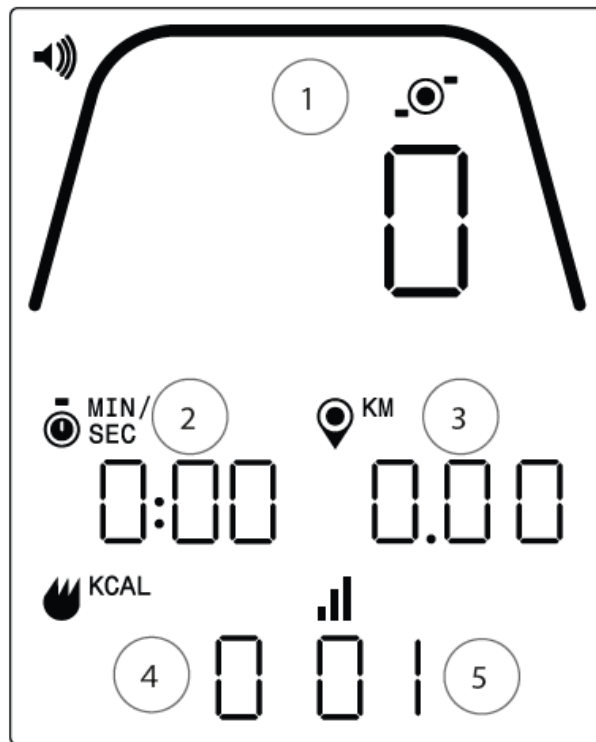
After 60 seconds of inactivity, the display switches off.

During a workout

- After selecting a training, you will enter the training view. It shows all important training values and the training profile.
- Press this button to toggle between the available workout data options in the Key Metrics Display.
- Same function during a workout.
- Terminates the workout that is currently in progress.
- No function during a workout as it has no effect on the resistance.
- No function during a workout as it has no effect on the resistance.

IDLE SCREEN

Normally the console screen will be blank until the user starts pedalling. Once the user begins pedalling, the console will turn ON and enter IDLE MODE. The default screen for IDLE MODE is the Idle Sscreen shown below:



The Idle Screen provides the following information for you:

1. Key Metrics Display

This area of the display can show either Power (Watt), Speed (KM/H or MPH), RPM, or Heart Rate. Surrounding the numeric readout is a gauge which 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 remaining distance for an active distance interval segment. Distance can be displayed in either kilometers (KM) or miles. The selection between KM or Miles can be done in Settings Mode.

4. Energy Display

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

5. Level/Interval Display

This is the numeric indicator of the current resistance level or current segment during a time or distance interval program. The current resistance level changes based on

the position of the resistance lever.

GENERAL FUNCTIONS

In IDLE MODE the user can perform the following functions:

- Quick Start Workout

To begin a workout quickly the user can press the START/ENTER button on the keypad. Pressing this button will transition the system to PROGRAM MODE. See section PROGRAM MODE (i.e. in-workout functionality) below for more details.

- Workout Selection

To select a specific workout type the user can press the WORKOUTS button. Pressing this button shall transition the system to PROGRAM SETUP MODE. See section PROGRAM SETUP MODE below for more details.

- Connectivity

Pressing the CONNECT button shall allow the user to connect the console to a heart rate strap and/or smartphone app. See sections CONNECTIVITY MODE below for more details.

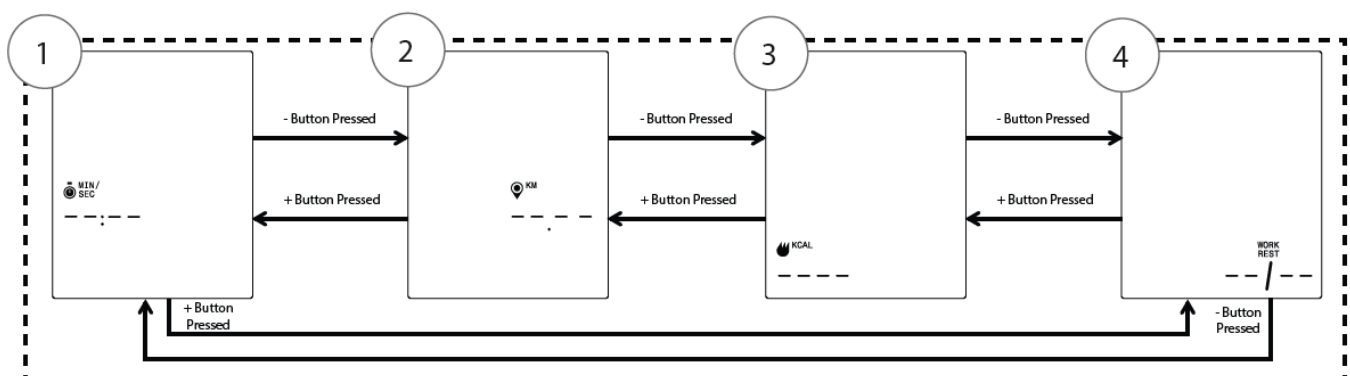
- Settings

In addition to these features, the user shall also be able to enter SETTINGS MODE if they press the START, PLUS, and MINUS buttons simultaneously. See section SETTINGS MODE below for more details.

Also, if the user does not press any buttons to select or start a workout, then the console shall transition to SLEEP MODE after 60 seconds of inactivity.

PROGRAM SETUP MODE

In the PROGRAM SETUP MODE the user can select from four different types of workouts (i.e. Time, Distance, Energy, and Interval).



NOTE: The above screens assume that the Units selection in Settings mode is set to Metric and the Energy selection in Settings mode is set to KCAL.

There shall be four workout types that can be selected and they are as follows:

1. Time Goal
2. Distance Goal
3. Energy Goal
4. Intervals

The first screen that will be shown is the one for TIME GOAL (1). To select between the available workouts, the user shall press either the MINUS or PLUS button to navigate to the next or previous choice respectively.

If the user presses the START/ENTER button they are selecting the displayed workout and the system shall transition to the applicable setup screen.

To exit the WORKOUT SELECTION screen and return to the IDLE screen the user shall press the WORKOUTS button.

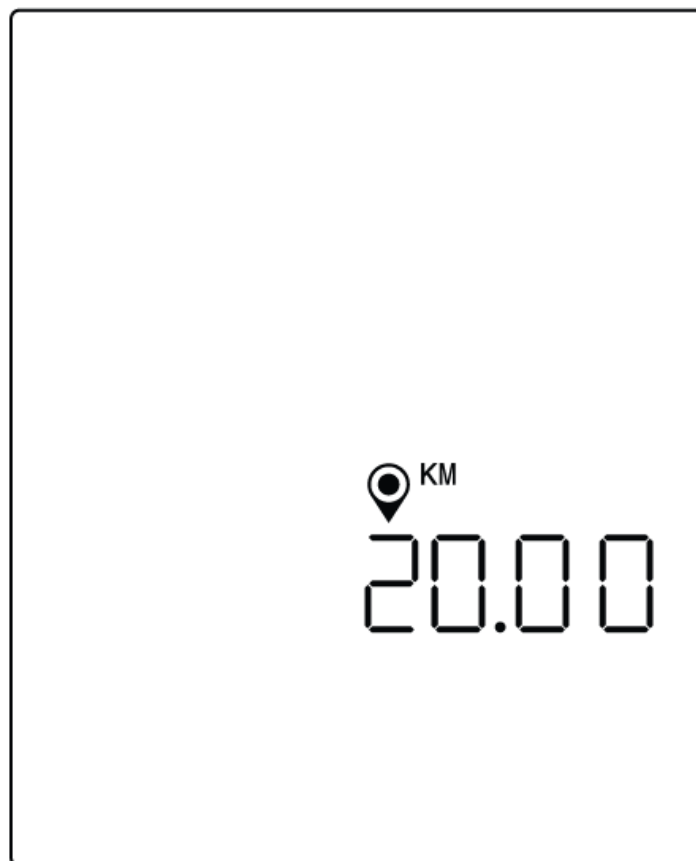
TIME GOAL Workout



On the TIME GOAL screen the user shall be able to choose the duration of their workout. The user shall be able to enter a duration from 1 to 99 minutes. The default value shall be 30:00 minutes. The user can adjust the value up or down by using the PLUS and MINUS buttons respectively. Each press of either the PLUS or MINUS button shall change the current displayed value by 1. The PLUS button shall be used to increase the duration and the MINUS button shall be used to decrease the duration. Once the duration is set to the desired value for the given workout the START/ENTER button shall be pressed. Upon pressing the START/ENTER button the system shall transition to PROGRAM MODE and the workout shall begin. See section PROGRAM MODE below for more details.

To exit the TIME GOAL screen and return to the WORKOUT SELECTION screen the user shall press the WORKOUTS button.

DISTANCE GOAL Workout



NOTE: The above screen assumes that the Units selection in Settings mode is set to Metric and therefore the distance goal is based on kilometers. If the Units selection was set to Imperial, MILES would be displayed and the distance goal would be based on miles.

- On the DISTANCE GOAL screen the user shall be able to choose the desired distance for their workout. The user shall be able to enter a distance from 1.00 to 9999 kilometers (Metric Units Setting) or miles (Imperial Units Setting). The default value shall be 20.00 kilometers or miles. The user can adjust the value up or down by using the PLUS and MINUS buttons respectively. Each press of either the PLUS or MINUS button shall change the current displayed value by 1.00. The PLUS button shall be used to increase the length and the MINUS button shall be used to decrease the length.
- Once the distance is set to the desired value for the given workout the START/ENTER button shall be pressed. Upon pressing the START/ENTER button the system shall transition to PROGRAM MODE and the workout shall begin. See section PROGRAM MODE below for more details.
- To exit the DISTANCE GOAL screen and return to the WORKOUT SELECTION screen the user shall press the WORKOUTS button.

ENERGY GOAL Workout

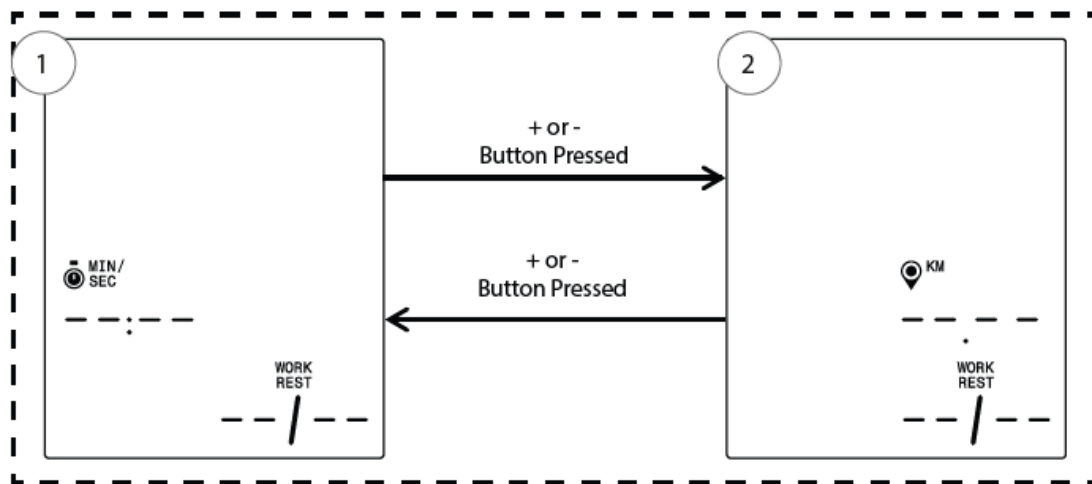


NOTE: The above screen assumes that the Energy selection in Settings mode is set to KCAL and therefore the energy goal is based on kilocalories. If the Energy selection was set to KJ, KJ would be displayed and the energy goal would be based on kilojoules.

- On the ENERGY GOAL screen the user shall be able to choose the desired energy goal for their workout. The user shall be able to enter a goal from 5 to 9999 KCAL/KJ. The default value shall be 250 KCAL or KJ. The user can adjust the value up or down by using the PLUS and MINUS buttons respectively. Each press of either the PLUS or MINUS button shall change the current displayed value by 5. The PLUS button shall be used to increase the value and the MINUS button shall be used to decrease the value.
- Once the value is set as desired for the given workout the START/ENTER button shall be pressed. Upon pressing the START/ENTER button the system shall transition to PRO-GRAM MODE and the workout shall begin. See section PROGRAM MODE below for more details.
- To exit the ENERGY GOAL screen and return to the WORKOUT SELECTION screen the user shall press the WORKOUTS button.

INTERVAL Workouts

The INTERVALS screens are shown below:



NOTE: The above screen assumes that the Units selection in Settings mode is set to Metric and therefore the distance selection is based on kilometers. If the Units selection was set to Imperial, MILES would be displayed and the distance selection would be based on miles.

There shall be two interval types that can be selected and they are as follows:

1. Time Intervals
2. Distance Intervals

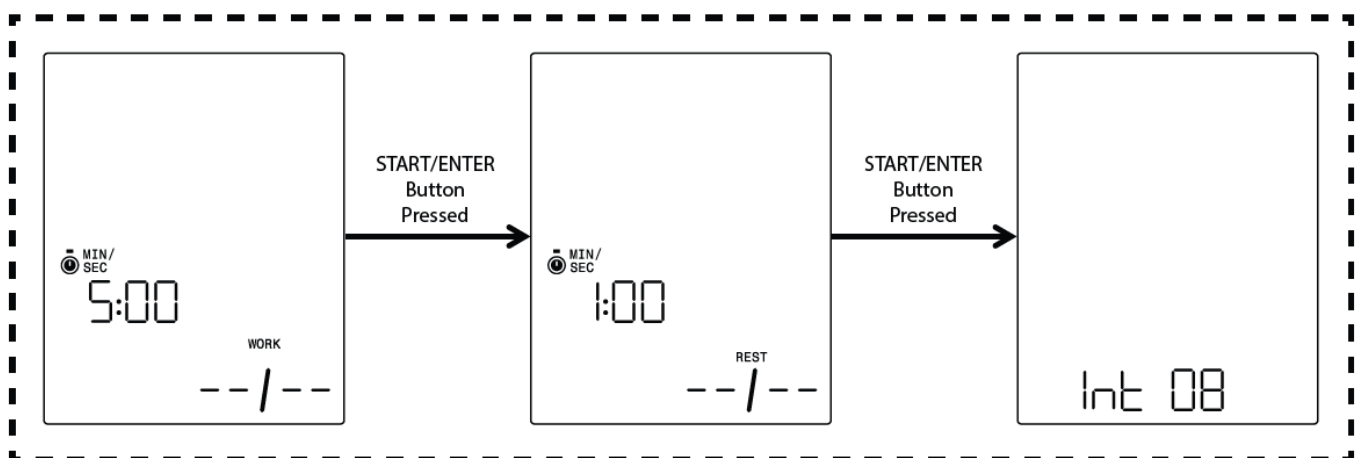
The first screen that will be shown is the one for TIME INTERVAL GOAL. To select between the available Interval types, the user shall press either the MINUS or PLUS button to navigate to the next or previous choice respectively.

If the user presses the START/ENTER button they are selecting the displayed Interval workout type and the system shall transition to the applicable setup screen.

To exit the INTERVALS screen and return to the WORKOUT SELECTION screen the user shall press the WORKOUTS button.

TIME INTERVALS Workout

The TIME INTERVALS screen is shown below:



- An interval consists of a segment of high intensity and segment of low intensity exercise. The high intensity segment is defined by the WORK TIME. The low intensity segment is de-fined by the REST TIME. On the TIME INTERVALS screens the user shall be able to specify the duration for the work and rest segments and the total number of intervals desired for the given workout. The user shall be able to enter a duration from 10 seconds to 99 minutes for the work segment and the rest segment. The default value for the work segment shall be 5:00 minutes. The default value for the rest segment shall be 1:00 minute. The user shall be able to enter between 1 and 99 intervals. The default value for the number of intervals shall be 8.
- Upon entering the setup for this program the WORK TIME screen shall be the first one displayed. The user can adjust the value up or down by using the PLUS and MINUS buttons respectively. Each press of either the PLUS or MINUS button shall change the current displayed value by 10 seconds. The PLUS button shall be used to increase the duration and the MINUS button shall be used to decrease the duration.
- Once the WORK TIME duration is set to the desired value for the given workout the

START/ENTER button shall be pressed. Upon pressing the START/ENTER button the screen shall switch to the REST TIME screen.

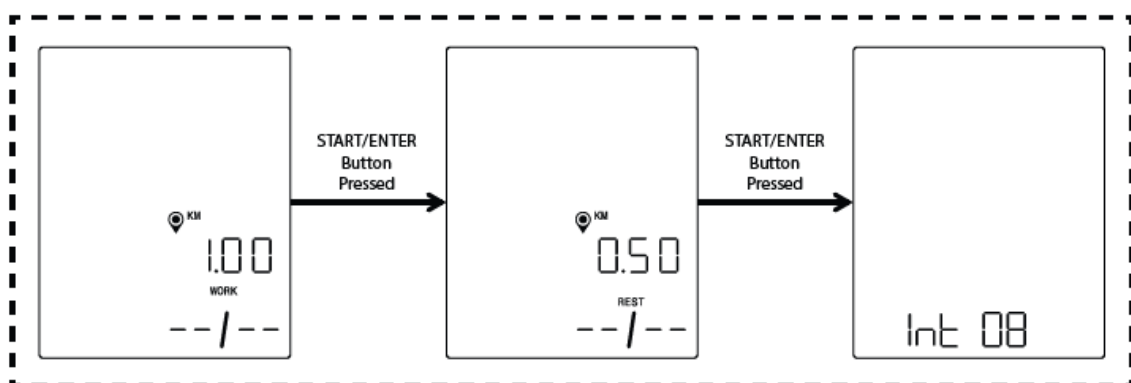
- The user can adjust the value up or down by using the PLUS and MINUS buttons respectively. Each press of either the PLUS or MINUS button shall change the current displayed value by 10 seconds. The PLUS button shall be used to increase the duration and the MINUS button shall be used to decrease the duration.

Once the REST TIME duration is set to the desired value for the given workout the START/ENTER button shall be pressed. Upon pressing the START/ENTER button the screen shall switch to the NUMBER OF INTERVALS screen.

- The user can adjust the value up or down by using the PLUS and MINUS buttons respectively. Each press of either the PLUS or MINUS button shall change the current displayed value by 1. The PLUS button shall be used to increase the number of intervals and the MINUS button shall be used to decrease the number of intervals.
- Once the NUMBER OF INTERVALS is set to the desired value for the given workout the START/ENTER button shall be pressed. Upon pressing the START/ENTER button the system shall transition to PROGRAM MODE and the workout will begin. See section PRO-GRAM MODE below for more details.
- To exit the TIME INTERVALS screens and return to the INTERVALS screen the user shall press the WORKOUTS button.

DISTANCE INTERVAL Workout

The DISTANCE INTERVALS screen is shown below:



NOTE: The above screens assume that the Units selection in Settings mode is set to Metric and therefore the distance goal is based on kilometers. If the Units selection was set to Imperial, MILES would be displayed and the distance goal would be based on miles.

- An interval consists of a segment of high intensity and segment of low intensity

exercise. The high intensity segment is defined by the WORK DISTANCE. The low intensity segment is defined by the REST DISTANCE. On the DISTANCE INTERVALS screens the user shall be able to specify the desired distance for the work and rest segments and the total number of intervals desired for the given workout. The user shall be able to enter a distance from 0.10 to 100.00 kilometers/miles for the work segment and the rest segment. The default value for the work distance shall be

- 2.00 kilometers/miles. The default value for the rest distance shall be 1.00 kilometers/miles. The user shall be able to enter between 1 and 99 intervals. The default value for the number of intervals shall be 8.
- Upon entering the setup for this program the WORK DISTANCE screen shall be the first one displayed. The user can adjust the value up or down by using the PLUS and MINUS buttons respectively. Each press of either the PLUS or MINUS button shall change the current displayed value by 0.1. The PLUS button shall be used to increase the distance and the MINUS button shall be used to decrease the distance.
- Once the WORK DISTANCE is set to the desired value for the given workout the START/ENTER button shall be pressed. Upon pressing the START/ENTER button the screen shall switch to the REST DISTANCE screen.
- The user can adjust the value up or down by using the PLUS and MINUS buttons respectively. Each press of either the PLUS or MINUS button shall change the current displayed value by 0.1. The PLUS button shall be used to increase the distance and the MINUS button shall be used to decrease the distance.
- Once the REST DISTANCE is set to the desired value for the given workout the START/ENTER button shall be pressed. Upon pressing the START/ENTER button the screen shall switch to the NUMBER OF INTERVALS screen.
- The selection arrow signifies that the NUMBER OF INTERVALS value is editable. The user can adjust the value up or down by using the PLUS and MINUS buttons respectively. Each press of either the PLUS or MINUS button shall change the current displayed value by 1. The PLUS button shall be used to increase the number of intervals and the MINUS button shall be used to decrease the number of intervals.
- Once the NUMBER OF INTERVALS is set to the desired value for the given workout the START/ENTER button shall be pressed. Upon pressing the START/ENTER button the system shall transition to PROGRAM MODE and the workout will begin. See section PRO-GRAM MODE below for more details.
- To exit the DISTANCE INTERVALS screens and return to the INTERVALS screen the

user shall press the WORKOUTS button.

PROGRAM MODE

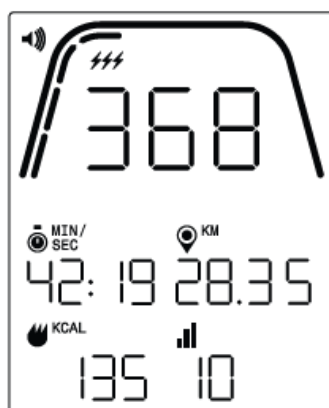
Upon transitioning to this mode, time shall begin incrementing, distance shall begin accumulating, energy shall begin accumulating, and all other displays shall become active. The specifics of the workout views are described below.

The following fields are available during a standard workout:

- Time – The elapsed time for the workout in MMM:SS format
- Distance – The distance, in kilometers or miles, the user has “traveled” in the given workout
- Energy – The amount of KCAL/KJ the user has burned through the workout
- Watt – The current amount of power the user is exerting
- RPM – The current cadence the user is pedaling
- Speed – The current speed the user is “traveling” at
- Heart Rate – The user’s current heart rate as measured from their wireless HR strap
- Level – The current resistance level setting

STANDARD WORKOUT SCREENS

For quick workouts that are initiated by hitting the START/ENTER button from the IDLE SCREEN or workouts that are initiated by selecting a TIME GOAL, DISTANCE GOAL, or ENERGY GOAL the following screen shall be provided during the workout.



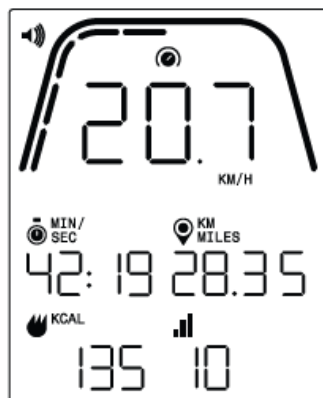
NOTE: The above screen includes simulated data for illustration purposes and assumes that the Units selection in Settings mode is set to Metric and therefore KM is shown for distance. If the Units selection was set to Imperial, MILES would be displayed.

Additionally, the above screen assumes that the Energy selection in Settings mode is set

to KCAL. If the Energy selection was set to KJ, KJ would be displayed. The screen above shows that Watts (Power) is selected for the Key Metrics Zone.

Alternatively, during a standard workout, a user may choose whether they want to display Watts (Power), Speed, RPM or Heart Rate. The screen above shows Watts (Power) selected. Below are different versions of the standard workout screen showing the different data displayed in the Key Metrics Zone. Not all combinations of the selected Units or Energy type are shown, however. By default, the console shall automatically screen between showing Watts (Power), Speed, RPM, Heart Rate, Watts etc. every 3 seconds. The user may override this behavior by pressing the WORKOUTS button. For each press of the WORKOUTS button the displayed value shall switch to the next parameter in the order specified above. If the user has pressed the WORKOUTS button at least once, the automatic switching stops. To reengage the automatic switching, the user must press and hold the WORKOUTS button for 5 seconds.

The markers below the thick curved line signify the relative percentage of the displayed value in the Key Metrics Zone. In the example above, 368 watts is displayed and therefore, there are four of the ten yellow segments illuminated. For power, the scale is from 0 to 1000+ watts.



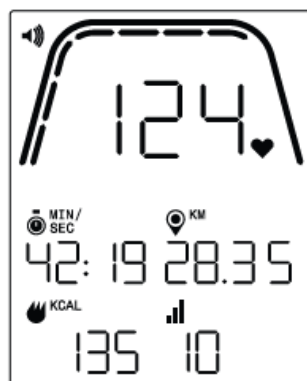
NOTE: The above screen includes simulated data for illustration purposes and assumes that the Units selection in Settings mode is set to Metric and therefore KM is shown for distance and KM/H is shown for speed. If the Units selection was set to Imperial, MILES would be displayed for distance and MPH for speed. Additionally, the above screen assumes that the Energy selection in Settings mode is set to KCAL. If the Energy selection was set to KJ, KJ would be displayed. The screen above shows that Speed is selected for the Key Metrics Zone.

The markers below the thick curved line signify the relative percentage of the displayed

value in the Key Metrics Zone. In the example above, 20.7 km/h is displayed and therefore, there are five of the ten yellow segments illuminated. For speed, the scale is from 0 to 50.0+ for either km/h or mph.



NOTE: The above screen includes simulated data for illustration purposes and assumes that the Units selection in Settings mode is set to Metric and therefore KM is shown for distance. If the Units selection was set to Imperial, MILES would be displayed for distance. Additionally, the above screen assumes that the Energy selection in Settings mode is set to KCAL. If the Energy selection was set to KJ, KJ would be displayed. The screen above shows that RPM is selected for the Key Metrics Zone.



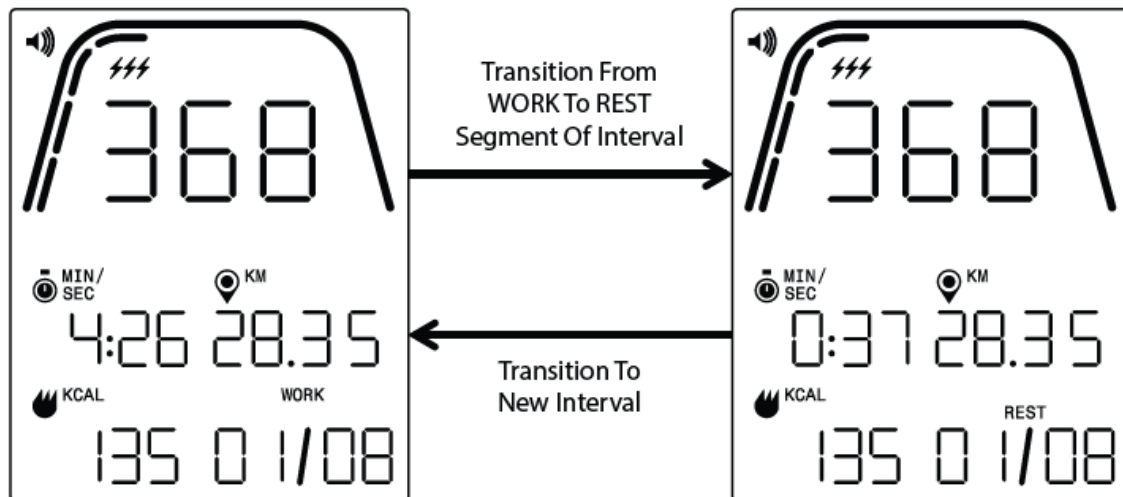
The markers below the thick curved line signify the relative percentage of the displayed value in the Key Metrics Zone. In the example above, 76 RPM is displayed and therefore, there are six of the ten yellow segments are illuminated. For cadence, the scale is from 0 to 150+ for RPM.

NOTE: The above screen includes simulated data for illustration purposes and assumes that the Units selection in Settings mode is set to Metric and therefore KM is shown for distance. If the Units selection was set to Imperial, MILES would be displayed for distance. Additionally, the above screen assumes that the Energy selection in Settings mode is set to KCAL. If the Energy selection was set to KJ, KJ would be displayed. The screen above shows that Heart Rate is selected for the Key Metrics Zone.

The markers below the thick curved line signify the relative percentage of the displayed value in the Key Metrics Zone. In the example above, 124 BPM is displayed and therefore, there are seven of the ten yellow segments illuminated. For heart rate, the scale is from 0 to 200+ for BPM.

TIME INTERVAL WORKOUT SCREENS

For TIME INTERVAL workouts the following screen shall be provided during the workout.



Similar to the standard workout screen, the user shall have the ability to switch between showing Watts, Speed, RPM, or Heart Rate in the Key Metrics Zone. The WORKOUTS button shall be used to select the data to display in the Key Metrics Zone. In the example above, watts are shown in the Key Metrics Zone.

The following fields are present during a TIME INTERVAL workout:

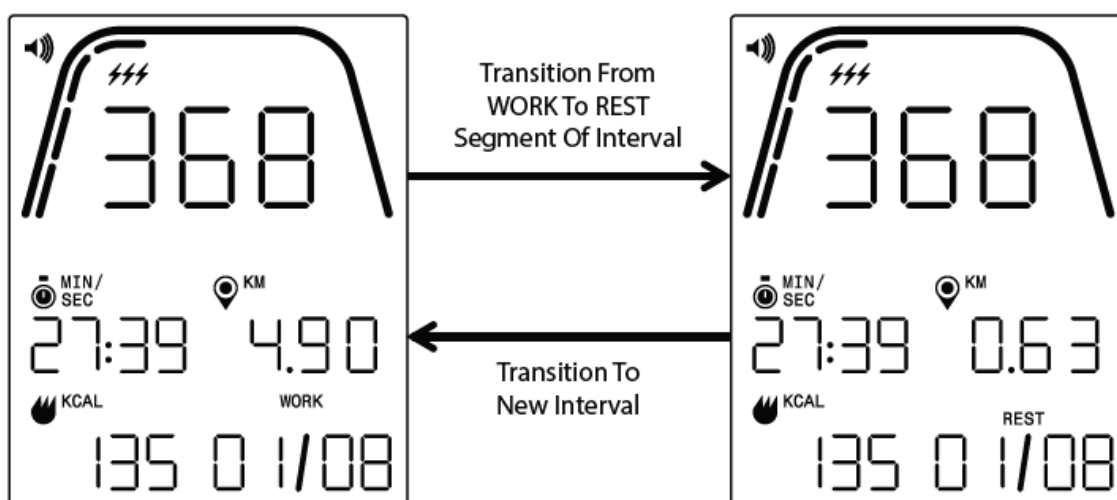
- Time – The remaining time for the current WORK or REST segment of the workout in MM:SS format
- Distance – The distance, in kilometers or miles, the user has “traveled” in the given workout
- Energy – The amount of KCAL/KJ the user has burned through the workout
- Watt – The current amount of power the user is exerting
- RPM – The current cadence the user is pedaling
- Speed – The current speed the user is “traveling” at
- Heart Rate – The user’s current heart rate as measured from their wireless HR strap
- Work (X / Y) – The time remaining in the current WORK segment displayed in MM:SS

format; the initial value for WORK was established during program setup; the X denotes the current segment number while the Y denotes the total number of segments that will be run in the current workout and was defined in program setup; the example above on the left shows “WORK (01 / 08)” signifying that the first segment is in process and there are 8 total segments in the workout; the WORK segment would be followed by the REST segment (screen shown on right above)

- Rest (X / Y) – The time remaining in the current REST segment displayed in MM:SS for-format; the initial value for REST was established during program setup; the X denotes the current segment number while the Y denotes the total number of segments that will be run in the current workout and was defined in program setup; the REST segment follows the WORK segment; the X shall increment to the next segment once the current REST segment has been completed
- Level – The current resistance level setting shall be displayed in the same area of the LCD as the WORK and REST Interval information. The level shall be displayed during the first 3 seconds of the workout and anytime the level is changed by the user during the workout. Whenever the level is displayed, it shall only be displayed for 3 seconds. Note that the value however for level shall be determined based on the current position of the magnets.

DISTANCE INTERVAL WORKOUT SCREENS

For DISTANCE INTERVAL workouts, the following screen shall be provided during the workout.



Similar to the standard workout screen, the user shall have the ability to switch between showing Watts, Speed, RPM, or Heart Rate in the Key Metrics Zone. The WORKOUTS button shall be used to select the data to display in the Key Metrics Zone. In the example

above, watts are shown in the Key Metrics Zone.

The following fields are present:

- Time – The elapsed time for the workout in MM:SS format
- Distance – The distance, in kilometers or miles, remaining for the applicable WORK or REST segment of the given workout
- Energy – The amount of KCAL/KJ the user has burned through the workout
- Watt – The current amount of power the user is exerting
- RPM – The current cadence the user is pedaling
- Speed – The current speed the user is “traveling” at
- Heart Rate – The user’s current heart rate as measured from their wireless HR strap
- Work (X / Y) – The initial value for WORK was established during program setup; the X denotes the current segment number while the Y denotes the total number of segments that will be run in the current workout and was defined in program setup; the example above on the left show “WORK (01 / 08)” signifying that the first segment is in process and there are 8 total segments in the workout; the WORK segment would be followed by the REST segment (screen shown on right above)
- Rest (X / Y) – The initial value for REST was established during program setup; the X denotes the current segment number while the Y denotes the total number of segments that will be run in the current workout and was defined in program setup; the REST segment follows the WORK segment; the X shall increment to the next segment once the current REST segment has been completed
- Level – The current resistance level setting shall be displayed in the same area of the LCD as the WORK and REST Interval information. The level shall be displayed during the first 3 seconds of the workout and anytime the level is changed by the user during the workout. Whenever the level is displayed, it shall only be displayed for 3 seconds. Note that the value however for level shall be determined based on the current position of the magnets.

PAUSE/SUMMARY MODE

USER STOPS EXERCISING

If the user stops exercising (i.e. the RPM has been less than 25 for 4 or more seconds) during a workout the system shall transition to PAUSE/SUMMARY MODE, the elapsed

time shall stop incrementing, the distance and KCAL/KJ shall stop accumulating and the sys-tem shall start displaying the average values for RPM, speed, watts, heart rate, and level as shown in the screen image below. Once this mode has been initiated a 36 second countdown timer shall be started and once it elapses, the system shall transition back to IDLE MODE. See section IDLE MODE above for the desired behavior during IDLE MODE.

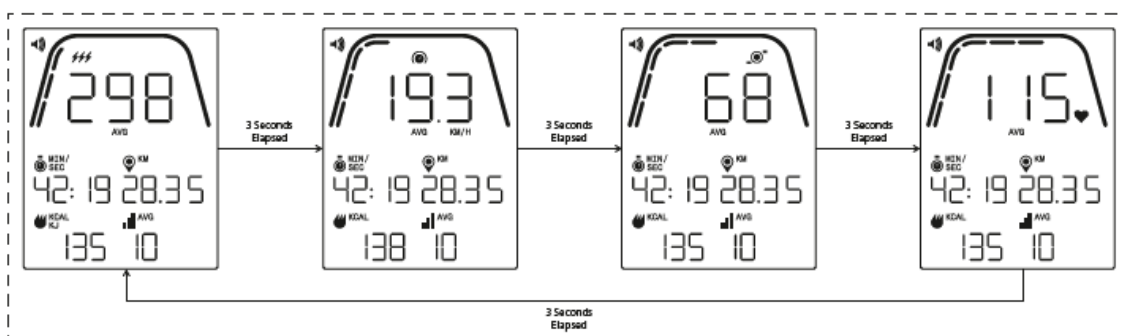
If the user resumes exercising before the timer has elapsed then the system shall transition back to PROGRAM MODE and continue the workout from where the user left off. It is assumed that an acceleration of the flywheel (i.e. increase in RPM) is the user resuming their workout.

To end this mode before the timer elapses the user shall press the MINUS button to immediately transition to IDLE MODE.

WORKOUT GOAL REACHED

If the user reaches their chosen workout goal then the system shall also transition to PAUSE/SUMMARY MODE, the elapsed time shall stop incrementing, the distance and KCAL/KJ shall stop accumulating and the system shall start displaying the average values for watts, speed, RPM, heart rate, and level as shown in the screen image below. Once this mode has been initiated a 36 second countdown timer shall be started and once it elapses, the system shall transition back to IDLE MODE. See section IDLE MODE above for the desired behavior during IDLE MODE.

To end this mode before the timer elapses the user shall press the MINUS button to immediately transition to IDLE MODE.



PAUSE/SUMMARY MODE SCREENS

An example of the screens to be shown during PAUSE/SUMMARY MODE are shown above. Note that the values displayed for the watts, speed, RPM, heart rate, and level shall be the averages for the workout and the AVG segments shall be illuminated for each data field. Time, Distance, and Energy (i.e. KCAL/KJ) are the total accumulated

values for the workout for each data element.

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)

Press the CONNECT button to initiate the Bluetooth pairing process. During the connection process, a light, constant pedalling is necessary, otherwise the display switches off after 60 seconds and the connection is interrupted.

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 a user may connect to a compatible App (e.g. Kinomap, Zwift, GymTrakr, etc.) via their smartphone or tablet. Refer to the apps 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.

During advertising, the console shall automatically generate a randomized 4-digit code that will serve as the unique identifier for the given console the first time the CONNECT Button is pressed, and the advertised label will be "Kettler ####" where the #### is the randomized, 4-digit identifier. This same randomized 4-digit identifier shall be displayed in the TIME window for 5 seconds. Note that this advertised label is not visible in all App's. The advertising period will last for ~10 seconds.

• CONNECTING TO A BLE HR STRAP

If after pressing the CONNECT button and 10 seconds have elapsed without connecting to a smartphone app then the console shall scan for BLE HR straps and connect accordingly. 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 at the same rate as the detected heart rate.

Once a connection has been made to a BT HR strap the console shall also be able to connect a smartphone app simultaneously. The behavior described above applies.

Note that a connection must be made to a heart rate strap prior to establishing a connection to a smartphone if you want to connect to both simultaneously.

- **CONNECTING TO AN ANT+ HR STRAP**

In order 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 at the same rate as the detected heart rate.

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 prior to 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 in IDLE MODE. When in IDLE MODE, hold the MINUS button down for 5 seconds. The console will then shutdown. To wake the console back up, begin pedaling. If you are pedaling during the reset, the console will blank out and then turn back on but the connection states will have been cleared.

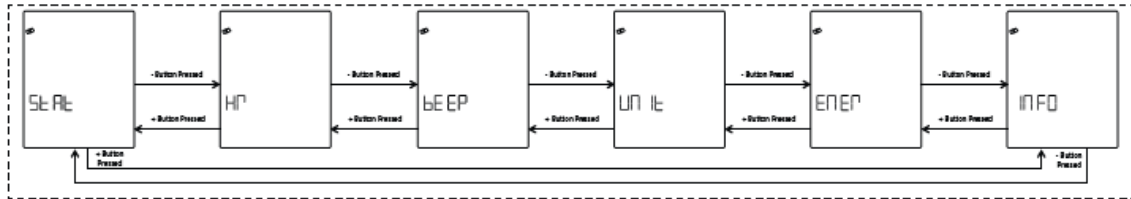
Note that it may be necessary to close and reopen any smartphone or tablet app that you would like to connect to in order to ensure that the app's connection state has also been reset.

SETTINGS MODE

SETTINGS SCREEN

To enter CONFIGURATION MODE the press START, PLUS, and MINUS simultaneously.

The graphic below shows the **SETTINGS** screens:



There are six options provided on these screens and they are as follows:

- STAT – Review the total accumulated time, total accumulated distance, and firmware version
- HR – Test the HR system
- BEEP – Adjust the volume of the beeper
- UNIT – Switch between Metric and Imperial units
- ENER – Switch between displaying KCAL and KJ
- INFO – Set the weight value used for calculating calories

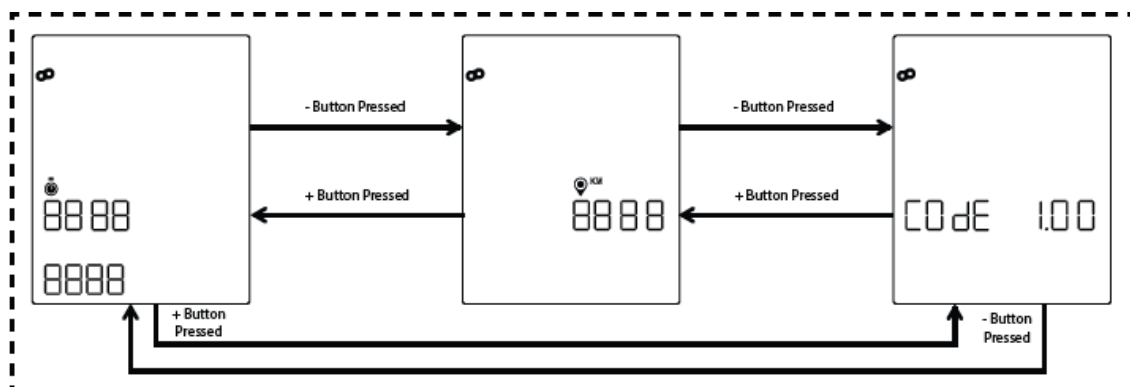
The first screen that will be shown is the one for STAT. To select between the available Settings, the user shall press either the MINUS or PLUS button to navigate to the next or previous choice respectively.

If the user presses the START/ENTER button they are selecting the displayed Setting and the system shall transition to the applicable Setting screen.

To exit the SETTINGS screens and return to the IDLE screen the user shall press the WORKOUTS button.

STATISTICS SCREEN

The graphic below shows the STAT screens:



There are three different statistics provided on the screens above and they are as follows:

- Total Time – This is the total amount of time, in hours, minutes, and seconds, of all workouts performed on this given machine; the top value is hours from 0 to 9999, the lower left value is minutes between 0 and 59, and the lower right value is seconds from 0 to 59
- Total Distance – This is the total distance, in kilometers, of all workouts performed on this given machine; this value can switch to miles if the user changes the Units in Settings Mode from Metric to Imperial units
- Code (i.e. Firmware Version) – This is the current firmware version for the firmware currently running on the console

To exit any of the STAT screens and return to the SETTINGS screens the user shall press the WORKOUTS button.

HEART RATE TEST SCREEN

The graphic below shows the HR TEST screen:



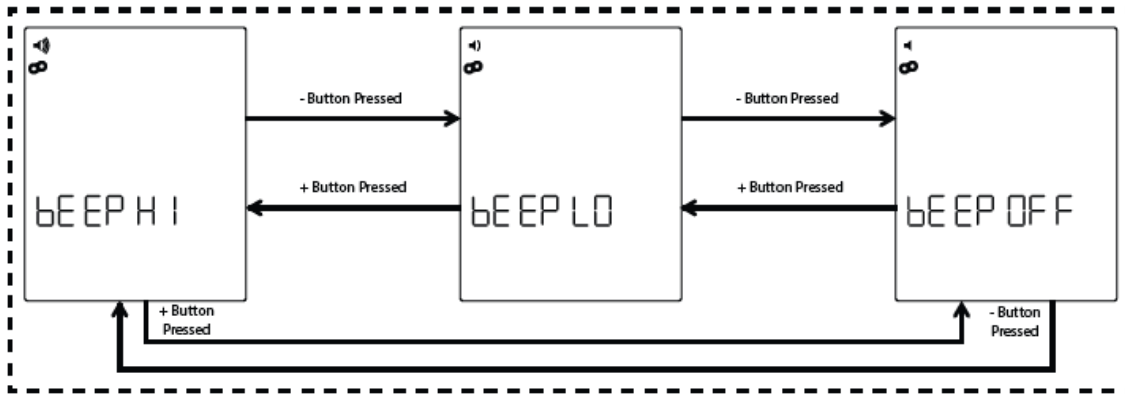
The HR TEST is used to verify the functionality of a heart rate strap. The method of connecting the console to either the Bluetooth LE or ANT+ heart rate chest strap is defined above in under CONNECTIVITY MODE.

The 888 shown above is a placeholder for the actual HR value detected from the connected heart rate chest strap.

To exit the HR TEST screen and return to the SETTINGS screens the user shall press the WORKOUTS button.

VOLUME SCREENS

The graphic below shows the VOLUME screens:

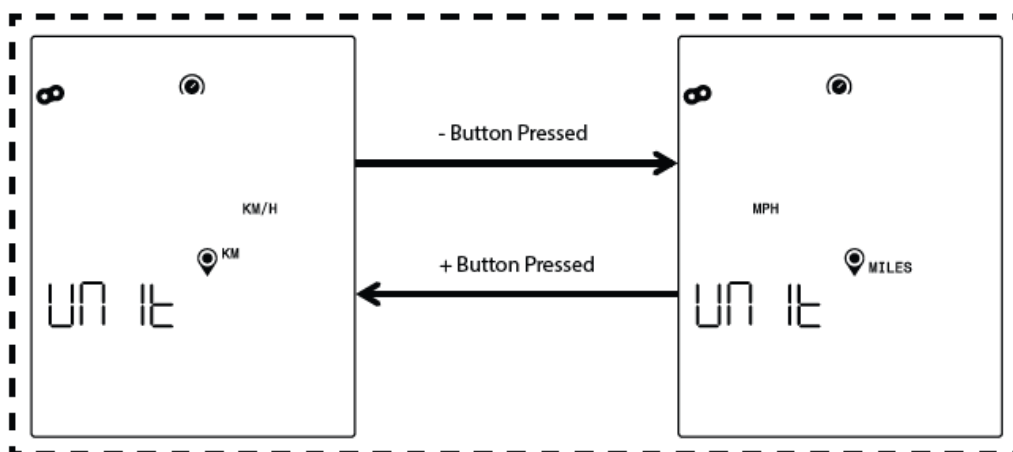


The console is equipped with a beeper that shall be used to generate tones for button presses and various system related events. The volume of this beeper is adjustable in order to allow users to control how loud or quiet they desire the tones to be. The PLUS and MINUS buttons shall be used to adjust the volume level. There are three choices to pick from and they are as follows: HIGH (i.e. full volume), LOW (i.e. half volume), and OFF (i.e. Muted; no sound). Also, each time the PLUS or MINUS buttons are pressed the volume of the tone played shall match the current set volume level. The set volume level can be saved by pressing the START/ENTER button. Pressing the START/ENTER button also transitions the system back to the SETTINGS screens. The default volume level is HIGH.

To exit the VOLUME screens and revert the volume to the last saved value, press the WORKOUTS button. Pressing the WORKOUTS button also transitions the system back to the SETTINGS screens.

UNITS SCREENS

The graphic below shows the UNITS screens:



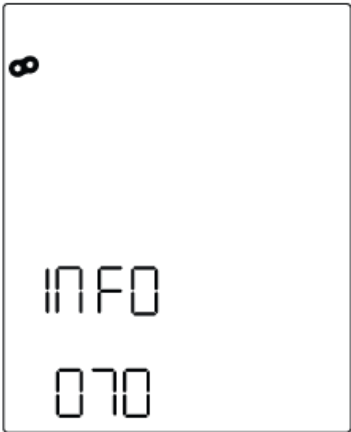
To select either Metric or Imperial units. Use the PLUS or MINUS button to select the desired option. To save the unit choice press the START/ENTER button. Pressing the

START/ENTER button also transitions the system back to the SETTINGS screens. The default unit setting shall be Metric Units.

To exit the UNITS screens and revert the unit choice to the last saved value, press the WORKOUTS button. Pressing the WORKOUTS button also transitions the system back to the SETTINGS screens.


INFO SCREEN

The graphic below shows the INFO screen:



The screen above shall be used to specify the weight in kilograms that is used for calculating the calories burned for a given workout. Use the PLUS and MINUS buttons to adjust the weight. The default value for weight shall be 70 kilograms. Once the desired weight value has been set, press the START/ENTER button to save the value. Pressing the START/ENTER button also transitions the system back to the SETTINGS screens. To exit the INFO screen and revert the weight value to the last saved value, press the WORKOUTS button. Pressing the WORKOUTS button also transitions the system back to the SETTINGS screens.

Documents / Resources

| | |
|---|---|
|  | <p>KETTLER HOI Speed Computer [pdf] Instruction Manual</p> <p>cor_SF, HOI Speed Computer, HOI, Speed Computer, Computer</p> |
|---|---|

References

- [User Manual](#)

💎 Computer, cor_SF, HOI, HOI Speed Computer, KETTLER, Speed

📁 KETTLER Computer

Leave a comment

Your email address will not be published. Required fields are marked *

Comment *

Name

Email

Website

☐ Save my name, email, and website in this browser for the next time I comment.

Post Comment

Search:

e.g. whirlpool wrf535swhz

Search

[Manuals+](#) | [Upload](#) | [Deep Search](#) | [Privacy Policy](#) | [@manuals.plus](#) | [YouTube](#)

This website is an independent publication and is neither affiliated with nor endorsed by any of the trademark owners. The "Bluetooth®" word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. The "Wi-Fi®" word mark and logos are registered trademarks owned by the Wi-Fi Alliance. Any use of these marks on this website does not imply any affiliation with or endorsement.