

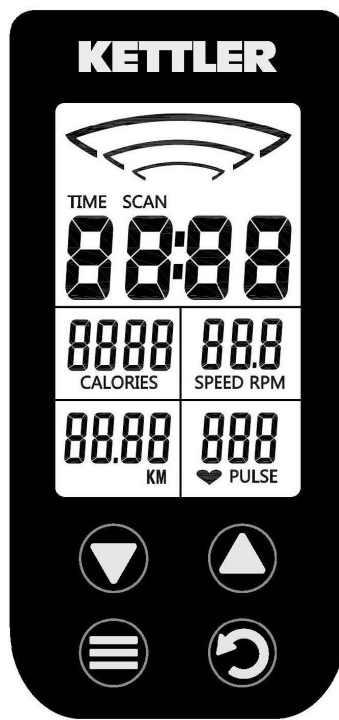


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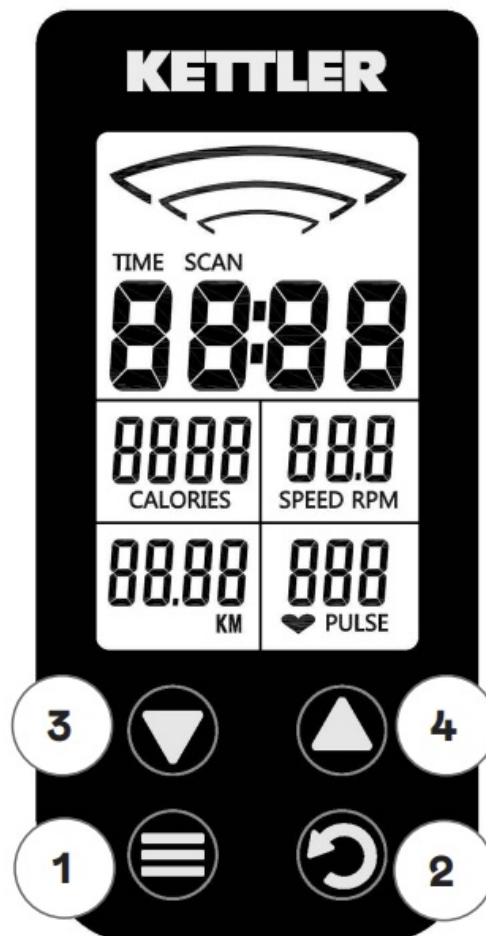
# **KETTLER**

## **KETTLER TRI-WS127 Ride Start Computer**



## FUNCTION OF THE BUTTONS

The training computer is equipped with four 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, connect to peripheral devices, or access console settings.

1. Mode button

Select between time, distance, energy, and pulse.

2. Reset

Short press to clear, long press to reset.

3. Minus button

Used to decrease the current setting value.

4. Plus button

Used to increase the current settings value.

## **Display switch-off**

After 4 minutes 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.
- 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. Time Display**

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

**2. Energy Display**

This is the numeric indicator of the accumulated energy burned for the current workout. Energy can be displayed KCAL.

**3. SPEED OR RPM Display**

This is the numeric indicator of the accumulated speed or RPM for the current workout.

**4. 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.

## 5. Pulse Display

This is the numeric indicator of the current pulse. The user's current heart rate as measured from their wireless HR strap

## GENERAL FUNCTIONS

In IDLE MODE the user can perform the following functions:

### Quick Start Workout

To begin a workout quickly the user can pedal. Pressing the Mode button will transition the system to SETUP MODE. The user can select from four different types of workouts (i.e. Time, Distance, Energy, and Pulse).

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. Pulse Goal

The first screen that will be shown is the one for TIME GOAL . 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 Mode button they are selecting the displayed workout and the system shall transition to the applicable setup screen.

To exit the SETUP MODE screen and return to the IDLE screen the user shall press the Reset 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 0:00 minute. 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 user begins pedalling. The workout shall begin. To exit the TIME GOAL screen and return to the Idle screen the user shall press the Reset button.

## **DISTANCE GOAL Workout**



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 99.50 kilometers. 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 0.50. 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 Mode button shall be pressed.

To exit the DISTANCE GOAL screen and return to the WORKOUT SELECTION screen the user shall press the Mode 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. 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 10 to 9990 KCAL. The default value shall be 0 KCAL. 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. 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 Mode button shall be pressed. Upon pressing the Mode button the system shall transition to Pulse Goal workout. To exit the ENERGY GOAL screen and return to the WORKOUT SELECTION screen the user shall press the Mode button.

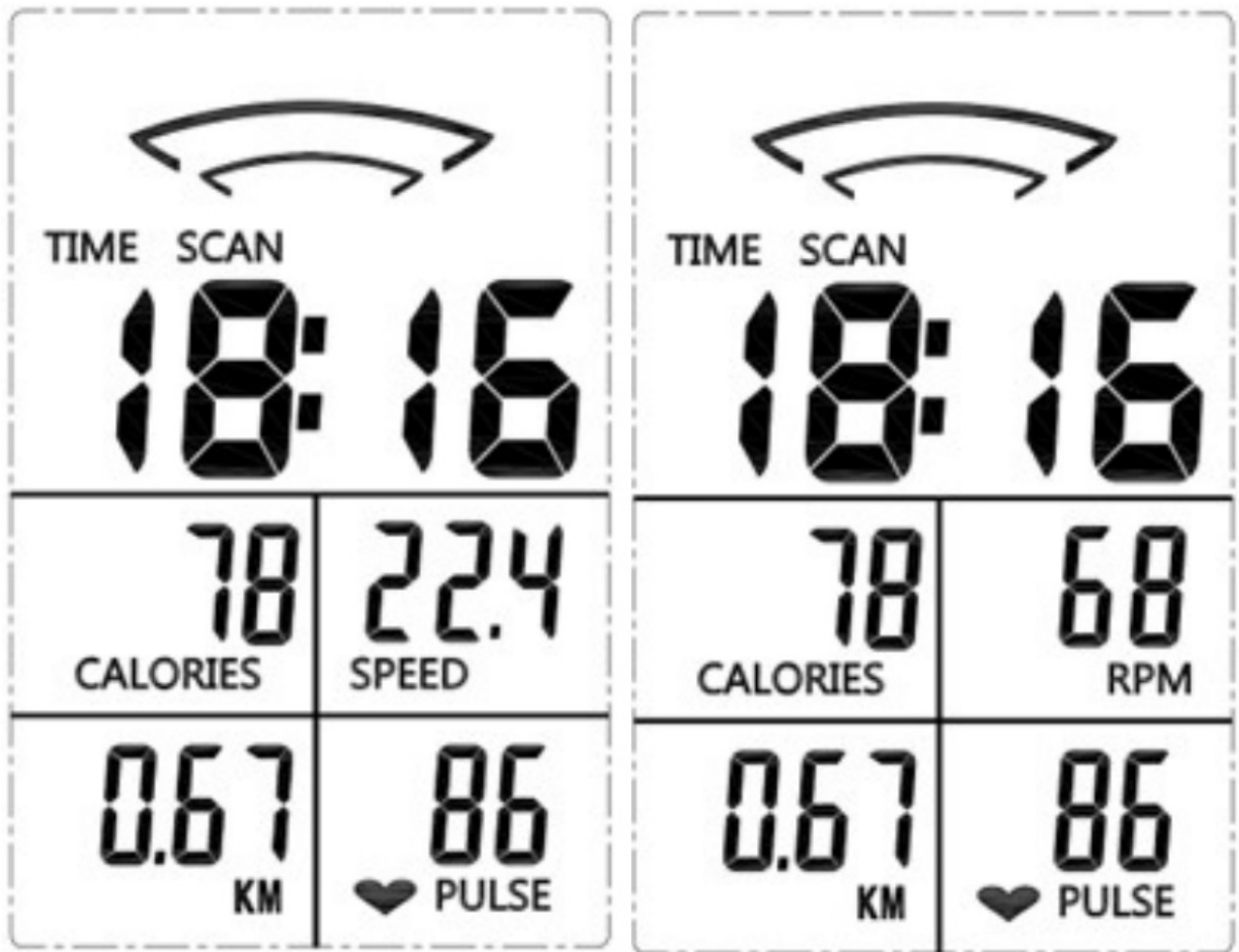
## **PULSE GOAL Workouts**





On the PULSE GOAL screen the user shall be able to choose the desired pulse goal for their workout. The user shall be able to enter a goal from 30 to 220 . The default value shall be 0. 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 value and the MINUS button shall be used to decrease the value.

## **STANDART WORKOUT SCREENS**



For quick workouts that are initiated by pedalling from the IDLE SCREEN or workouts that are initiated by selecting a TIME GOAL, DISTANCE GOAL, ENERGY GOAL or PULSE GOAL the following screen shall be provided during the workout

## CONNECTIVITY MODE

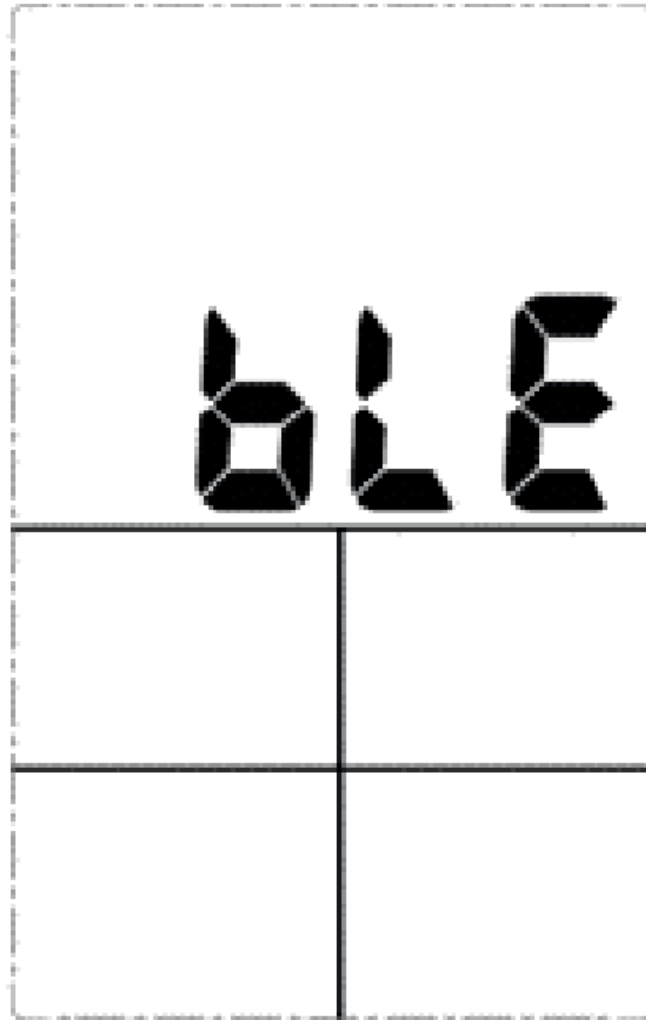
### GENERAL

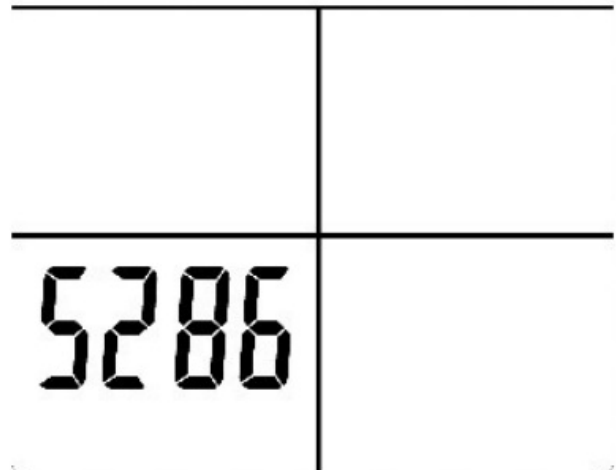
This console is capable of connecting to BLE heart rate straps. In addition, the console shall be able to connect to smartphone or tablet apps via BLE. The console shall also be able to connect to both a heart rate strap (BLE) and simultaneously connect to a smartphone app.

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

During the connection process, constant pedalling is necessary, otherwise the display switches off after 240 seconds and the connection is interrupted. While the console is

advertising a user may connect to a compatible App (e.g. Kinomap, Zwift) via their smartphone or tablet. When the console successfully pairs with a smartphone or tablet App, the BT advertising will end, the console will display BLE words and the words shall stay on. During the workout the console transmits the user's workout data to the connected App





After powering on or resetting, the console will first display 1, then display the 4-digit Bluetooth number, and then enter the standby interface. During power on or reset, the console shall automatically generate a randomized 4-digit code. 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 DISTANCE window for 2 seconds.

## CONNECTING TO A BLE HR STRAP

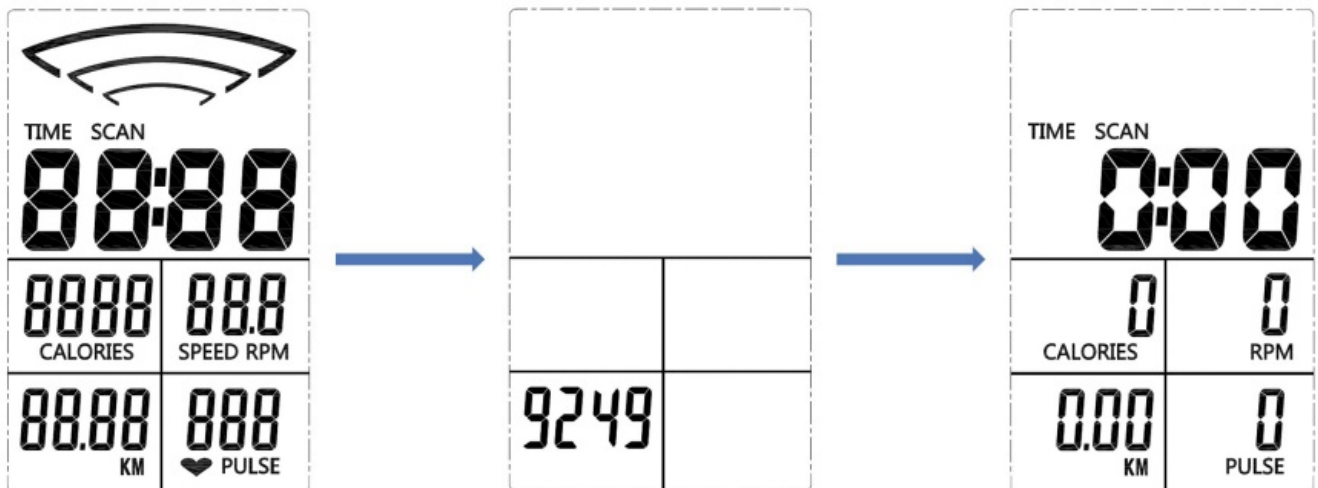
Once the connection to the BLE HR strap has been made, the detected heart rate value shall be displayed in the pulse window and the heart icon shall blink at the same rate as the detected heart rate. Once a connection has been made to a BT HR strap the console shall also be able to connect a smartphone 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

## 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. 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

## INSTRUCTIONS OF DISPLAY

1. Turn on the power, the screen will display the full screen for 1 second, then display the Bluetooth broadcast number for 1 second, and then enter the standby state



2. In standby mode, if you pedal directly without setting the target exercise parameters, you will enter the sports mode. The screen will display each training parameter. Time, distance, and calorie data will be accumulated. Different icons will be displayed at the top of the screen at different exercise speeds

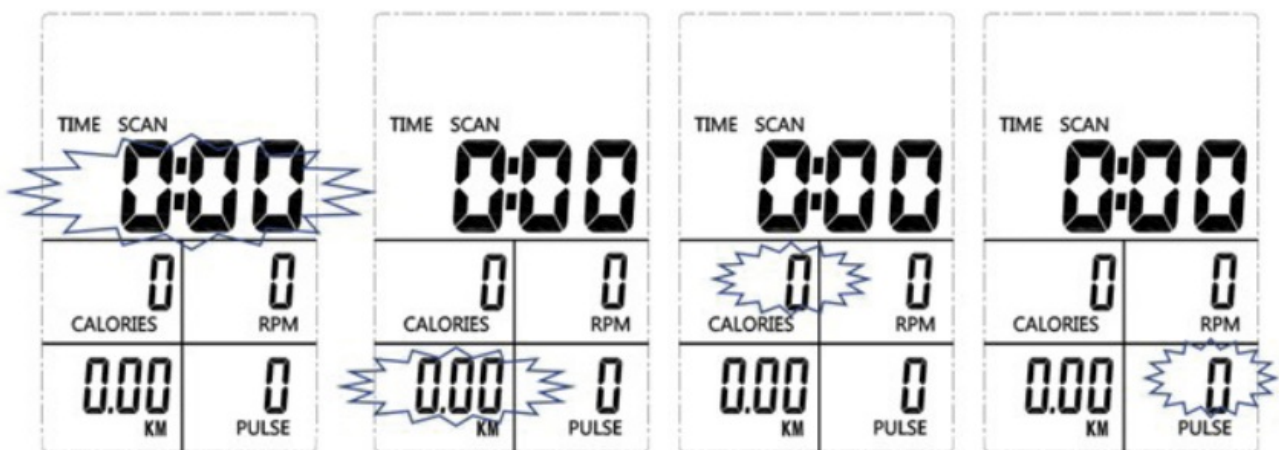


During exercise, in SCAN state, SPEED and RPM switch every 5 seconds. Press the MODE key to switch the display and turn on or off the SCAN function. Process: SCAN → (RPM or SPEED) → (SPEED or RPM) → SCAN



### 3. Exercise parameter settings

In standby mode, press the MODE key, and the value of the parameter to be set will flash. At this time, press the UP or DOWN key to set it. After the setting is completed, you can pedal to start exercise or press MODE to confirm and enter the setting of the next target exercise parameter. TIME, DISTANCE, CAL, and PULSE can be set in sequence



When a parameter is set and movement is started, the movement parameter will count down. When the set motion parameter counts down to 0, the parameter will flash and the buzzer will prompt. If a target heart rate is set and the current heart rate reaches or exceeds the set target heart rate value, the current heart rate value will flash as a reminder.

### 4. Bluetooth function

This console has a built-in Bluetooth module and can be connected to Kinomap APP. Open the Kinomap app, find and connect the sports equipment. When the console

and APP are connected, the console will beep once, and the screen will turn off other data and only display Ble for prompts. When exercising, the exercise data will be displayed on the mobile device. When the Bluetooth connection is disconnected, the meter will reset again



## Bluetooth heart rate


This console supports Bluetooth heart rate function. Wear the Bluetooth heart rate device correctly. When the console establishes a connection with the Bluetooth heart rate device, the exercise heart rate data will be transmitted to the meter and displayed on the console.

## Frequently Asked Questions

- **Q: How do I reset the settings on the Ride Start Computer?**
  - A: To reset the settings, press and hold the Reset button for a few seconds until the display clears and resets to default values.
- **Q: Can I switch between different training programs during a workout?**
  - A: Yes, you can switch between different training programs by pressing the Mode button to select the desired program while in the training view.
- **Q: What should I do if the display switches off during my workout?**

- A: If the display switches off after 4 minutes of inactivity, simply start pedaling again to turn it back on and resume your workout.

## Documents / Resources

	<a href="#">KETTLER TRI-WS127 Ride Start Computer [pdf]</a> Instruction Manual TRI-WS127 Ride Start Computer, TRI-WS127, Ride Start Computer, Start Computer, Computer
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## References

- [User Manual](#)

Computer, KETTLER, Ride Start Computer, Start Computer, TRI-WS127, TRI-WS127 Ride Start  
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