

# TRAINING

Check “Pioneer Cycle Sports Global Website” for the summary of Training Assist Function.

Choose from three kinds of Trainings as below:

- Training Assist

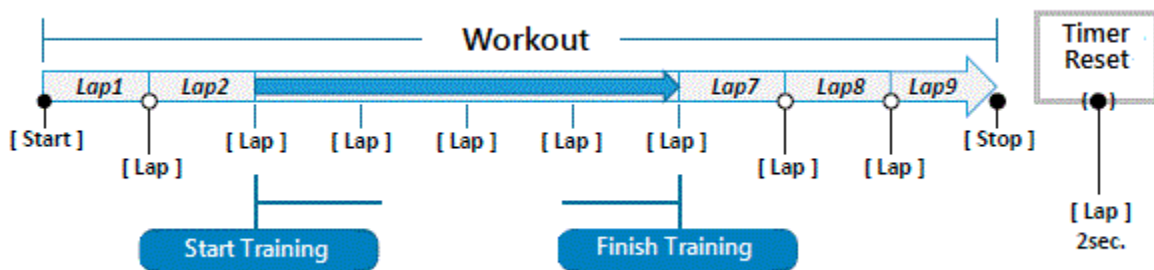
Set up your training menu of Cyclo-Sphere with your smart phone (iPhone only), and download it to your cycle computer to start.

- Interval Timer

Create your training menu with cycle computer to start.

- Threshold Training

The training with the MMP data.



LAP according to the menu will be inserted automatically during the training.

Skip to the next menu when press [LAP] button.

Pause training when press [START/STOP] button.

Resume when press [START/STOP] button.

※Auto LAP will be off.

Training automatically finishes according to the menu.

LOG is being acquired even after finish the training.

To finish workout, press [START/STOP] button to [STOP TIMER] , then reset the LOG by long-pressing [LAP] button.

To finish training halfway forcibly, press [MENU] button and tap [TRAINING] – [FINISH TRAINING] button.