

## TRAINING

### TRAINING ASSIST

Setting training menu with Cyclo-Sphere in smartphone (iPhone) and download it to Cyclo-computer to start training.

#### Operation on Cyclo-Sphere

For setting training menu on Cyclo-Sphere, register first. You can register at the Cyclo-Sphere website for PC/smartphone.

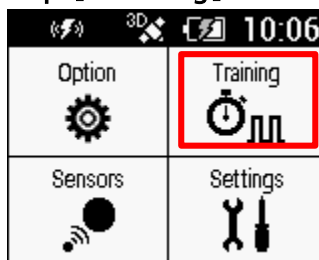
Check the information on the Training Assist page (S2: How to use) after login at the Cyclo-Sphere website for smartphone.

To start the training, select the menu after downloading it with Cyclo-computer SGX-CA500.

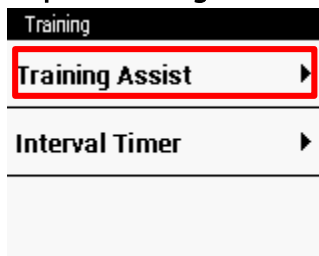
- There is a possibility to add and change display and contents of training without prior notice.

#### Operation of Cyclo-computer side:

1. Press [Menu] button
2. Tap [Training]

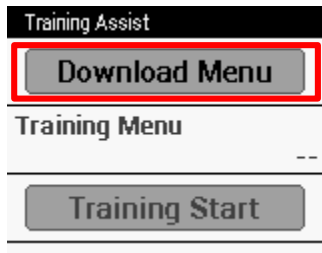


3. Tap [Training Assist]



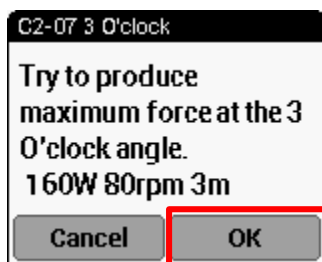
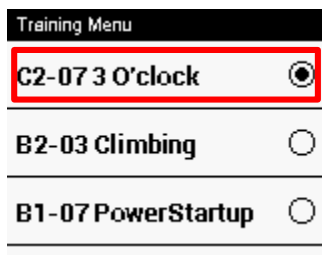
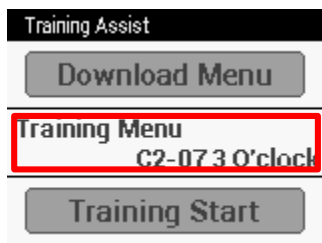
#### 4. Tap [Getting Menu]

Download training menu you created with Cyclo-Sphere. You can download multiple menus you created at the same time.



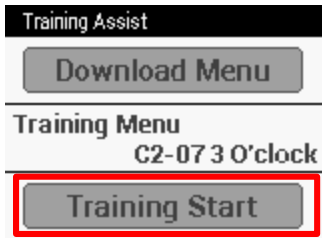
#### 5. Select training item from [Training Menu] and tap [OK]

Select item from menu.



Tap [Start Training].

Newly added items will be shown from the top.



You can use the data field as below:

Training Timer	Interval Frequency	-- Numeral is displayed as N/Total (N: actual count, Total: Total training frequency)	Training	Count
	Remaining Time	-- LAP is displayed when no time setting is specified. Press [LAP] button.	Training	Remain
	Target	Watt	Training	Target
	Next Target	Watt	Training	NextTgt

- LOG is being acquired even after finish riding.  
After finish riding, press [START/STOP] button to [STOP TIMER] , then reset the LOG by long-pressing [LAP] button.

Upload the LOG after the training, and check the result by pressing RESULT button of Training Assist of Cyclo-Sphere.