



# CARDIOsport®

## Gym Bike Gold console – ZM8-3 datasheet



### Features:

- ANT+ interoperable 2.4Ghz wireless technology
- Best-in-class interference immunity
- Low Power consumption for long battery life
- Code memory during battery replacement
- Triple data display; Cadence, Heart Rate and Training Data
- Automatic Scan function
- Advanced energy expenditure algorithm for personalized Kcals (Calories)
- Bright Electroluminescent LCD screen light
- **Dual mode ANT+ and heritage 5.3Khz analogue heart rate receiver included**

### On screen information:

- Cadence RPM; Current & session average
- Heart Rate; Current, session average and % of maximum heart rate
- Training data; Exercise session time and equivalent distance traveled
- Personalized session Kcals (Calories)
- Console Low battery indicator

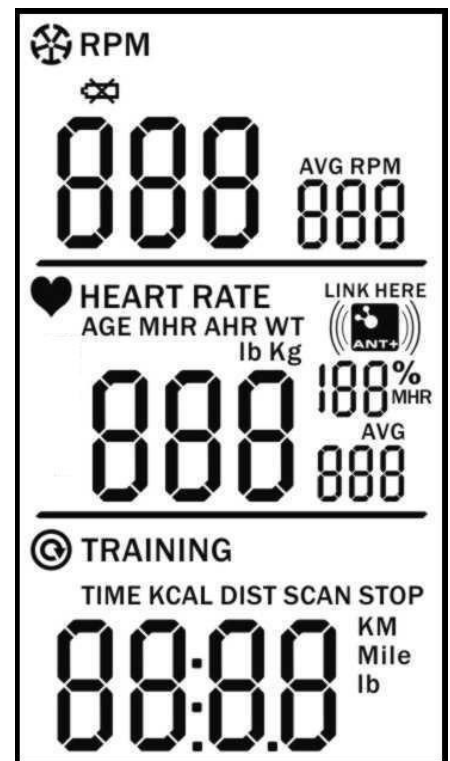


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### Operating Overview:

1. From sleep mode press any key to wake up
2. Press "▶"/▲" to start/pause workout
3. During workout you can see Current RPM, Average RPM, Current Heart Rate, Average Heart Rate, Heart Rate Intensity (% Max HR) in the top two screens plus user selectable data in the Training screen
4. Press "≡" to change data shown in Training screen during exercise (Time, Distance or Scan)
5. For setting Mode: Long press "✱"  
Adjust values using up/down keys "▶"/▲, ♀/▼"
  - a. Heart Rate Pairing: Press "≡" for heart rate pairing, you must put on the heart rate chest belt and move to within 12inches (30cm) to the console for proximity pairing.
  - b. Press "✱" to set Age (or MHR if known)
  - c. Press "✱" to end setting Mode



### General:

1. ZM8-3 uses ANT+ 2,4Ghz wireless radio to transmit data
2. For heart rate an ANT+ heart rate chest belt accessory is available 
3. A flywheel sensor measures rotation, the gear ratio default setting is 2.9; with wheel size 27inches
4. A maintenance mode is available to change default settings
5. The ANT+ flywheel sensor (included) needs to be mounted to the bike frame
6. The console operates from 3x AAA batteries, the flywheel sensor from a single CR2032 lithium coin cell battery

#### Technical Support

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