

MINOURA



Live Training ***Instructions*** ***from the field:***

Here are some key set up instructions to focus on, when setting up the Cadence & Speed sensors on the bike as well as some tips on Pairing them with the iPhone (iPod touch, iPad) and LiveTraining App:

NOTE:

MINOURA offers **TWO** different wireless sensors. An **ANT+** and **BLE**(Bluetooth smart) sensor that can connect to your device.

Minoura offers a separate ANT+ speed sensor and a separate cadence sensor.We also offer an all in **ONE PIECE** speed/cadence model.

The BLE sensor is an all-in-one ONE PIECE model

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*Instructions for **SEPARATE SPEED AND CADENCE** type sensors.*

Attaching the Cadence sensor:

Attach the **Cadence sensor** on the chain stay (non-drive side) with the MINOURA logo and Cadence icon facing out.

- To ensure that your placement is correct, attach the sensor with one of the supplied rubber bands of various sizes. This will allow you to move your sensor fore and aft and tilt it in and out to ensure that it lines up correctly with the magnet on the crank arm and vice versa.



Attach the **Cadence magnet** 'loosely' onto the inside of the crank arm using the zip ties toward the pedal end so that it lines up roughly with the **Cadence sensor** on the chain stay.



Usually there is a depression on the inside of the crank arm that this will sit in quite nicely. When you turn the crank arm, the (middle of) **Cadence magnet** should line up with the 'S' on the upper left corner of the **Cadence sensor**.

- Once you have this lined up you can tighten your zip ties on the **Cadence magnet**.

- Tilt the **Cadence sensor** out toward the crank arm so that it is roughly 2-5 mm away from the **Cadence magnet** (or as close as you can without them touching) on the crank arm when you turn the pedal.



- You are now ready to attach the **Cadence sensor**. (Pairing instructions further below)



Attaching the Speed sensor:

Attach the **Speed sensor** on the chain stay to the right of the Cadence sensor with the Minoura logo and Speed icon facing in toward the wheel and spokes.

To ensure that your placement is correct, attach the sensor with one of the supplied rubber bands of various sizes. This will allow you to move your sensor fore and aft and tilt it in and out to ensure that it lines up correctly with the magnet on the crank arm and vice versa.



Attach the supplied **Speed magnet** on one of the spokes so that it lines up roughly with the **Speed sensor** on the chain stay. Ensure that the flat surface of the speed magnet is facing the Speed sensor and that the 'slot' side of the speed magnet is facing the hub.

When you turn the crank arm, the (middle of) **Speed magnet** should line up with the 'S' on the upper left corner of the **Speed sensor**.

Tilt the **Speed sensor** in toward the spokes so that it is roughly 2-5 mm away from the **Speed magnet** (or as close as you can without them touching) on the spokes when you turn the pedal.



You are now ready to pair your **Speed sensor** and **Cadence Sensor** with the LiveTraining app on the iPhone through the Wahoo Fitness ANT+ key.

Instructions for ALL-IN-ONE (Speed & Cadence) sensors.

Attaching the Speed & Cadence sensor:

Attach the **SPEED/CADENCE sensor** on the chain stay (non-drive side) with the MINOURA logo facing out.

Set up the **SPEED sensor** body first

Attach the supplied **Speed magnet** on one of the spokes so that it lines up roughly with the **SPEED sensor** on the chain stay. Ensure that the flat surface of the speed magnet is facing the **SPEED sensor** and that the 'slot' side of the speed magnet is facing the hub.



When you turn the crank arm, the (middle of) Speed magnet should line up with the 'ALLOW' on the upper left corner of the **SPEED sensor**.

Tilt the **SPEED sensor** in toward the spokes so that it is roughly 2-5 mm away from the Speed magnet (or as close as you can without them touching) on the spokes when you turn the pedal.



Next, attaching the CADENCE sensor:

The CADENCE sensor is attached the end of the wire from the SPD sensor body.

To ensure that your placement is correct, attach the sensor with one of the supplied rubber bands of various sizes. This will allow you to move your sensor fore and aft and tilt it in and out to ensure that it lines up correctly with the magnet on the crank arm and vice versa.

Attach the **Cadence magnet** 'loosely' onto the inside of the crank arm using the zip ties toward the pedal end so that it lines up roughly with the **Cadence sensor** on the chain stay.

Usually there is a depression on the inside of the crank arm that this will sit in quite nicely. When you turn the crank arm, the (middle of) **Cadence magnet** should line up with the 'S' on the upper left corner of the **Cadence sensor**.



Once you have this lined up you can tighten your zip ties on the **Cadence magnet**.



Tilt the **Cadence sensor**. out toward the crank arm so that it is roughly 2-5 mm away from the **Cadence magnet** (or as close as you can without them touching) on the crank arm when you turn the pedal.

Pairing Ant+, (separate and one piece) and BLE Cadence & Speed sensors with the iPhone, iPad, or iPod Touch:

The CADENCE sensor is attached the end of the wire from the SPD sensor body.

For Ant+: Ensure that you have downloaded the LiveTraining App on your iPhone, iPod or iPad and that you have attached the Wahoo Fitness ANT+ key to the Apple device (most work, except for older Garmin models from some years back)

For BLE: Also make sure you download the LiveTraining App. You do not need the Wahoo Fitness ANT+ key for BLE. Newer iPhones, iPad and iPod Touch have BLE capability. Built in. Paired with a BLE cadence/speed sensor and BLE heart rate strap your device will automatically find the sensors by following the instructions below.

- Open the LiveTraining App and go to the bottom right corner and open 'Settings'
- Choose 'Bike Settings' which is the first settings option in the app.
- *At this point you or someone should be on the bike pedaling with the iPhone secured on the handlebar.
- Scroll down to 'Sensors' and choose the type of sensor (s) you have; Ant+ two-piece, combo, or BLE combo
- Once here touch the green bar on the bottom labeled 'Connect' .
- You should start to see the % numbers scrolling up to 100%, this is a good sign.

(*If it does not start to scroll up or read at all try tilting the sensor toward the magnet and or look at the alignment of the magnet with the sensor in relation to the '**S or ALLOW**' on the sensor.)

- You can now back all the way out to the opening page using the button on upper left of the screen.
- Choose 'General' mode.
- You should see your 'Speed' calculating on the LiveTraining interface.
- Now go back into 'Settings' and repeat the above process for Heart Rate if you want have an Ant+ or BLE compatible heart rate strap.
- *Occasionally you may find that you have to go back into settings as one of Cadence or Speed has stopped working during the set up process, just repeat and all should be good.

***NOW SAVE THE SETTINGS
and you're ready to start using LiveTraining.***