

# NOHRD BIKE - V2

Monitor

## Language settings

Once the NOHRD Bike V.2 is connected to the power supply, the monitor boots up and starts in English. Please set your preferred language.

1. Open the settings (gear icon)
2. Choose your language by clicking on the flag
3. Click on the arrow symbol for additional settings.



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## Calibration

Navigate to calibration and follow the instructions on the monitor. While the NOHRD Bike comes pre-calibrated from our factory, we recommend performing a recalibration.



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## Bluetooth

The NOHRD Bike V.2 can connect to Bluetooth devices (smartphones, tablets, heart rate monitors). Here's how to activate/deactivate Bluetooth:

1. Open settings (gear icon)
2. Click on the arrow symbol for additional settings
3. Click on the Bluetooth symbol



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## Heart rate

To display your heart rate during the workout, you can use a Bluetooth or ANT+ transmitter. The transmitter closest to the NOHRD Bike will be automatically selected. You can also manually add the device under heart rate settings:

1. Open the settings (gear icon)

2. Click on the heart rate symbol
3. The nearest heart rate transmitter will automatically be chosen. If your transmitter is not found, you can repeat the search by clicking the refresh symbol
4. Click on the left arrow symbol to return to settings



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## Training programs

You can utilize various training programs:

1. Time
2. Distance
3. Free ride



### 1. Time training

Click on the clock symbol to adjust time training settings.

1. Select the desired time (in mins) using the provided parameters.
2. Click „Start“ to initiate the time-based workout. A countdown appears, and the session begins.
3. Both the set time and remaining time will be displayed above.



### 2. Distance training

Click on the distance symbol to adjust distance training settings.

1. Choose the desired distance (in meters) using the provided parameters
2. Click „Start“ to commence the distance-based workout. A countdown appears, and the session begins
3. The set time and remaining distance will be displayed above



### 3. Free ride

Click on the bicycle symbol to start free training.

1. A countdown appears, and the session begins
2. The elapsed time is displayed above
3. All fields can be freely customized