



# HOW TO POSITION CADENCE SENSOR

# Bike

**Position the cadence sensor on the pedal crank. Get as near to the pedal as possible.**

**Make sure that the sensor doesn't touch your feet or other parts of the bicycle while cycling.**



# Elliptical

There are three places where you can position the sensor on an elliptical.

Keep in mind that the first option works best. The third is only the last resort.

- 1) On the outer edges of the wheel (if the wheel spins)
- 2) On another part of the spinning wheel
- 3) On the back of the pedal

