

Connect to your favorite fitness app with no additional setup or external device.



Models Equipped with the M Connect Display:

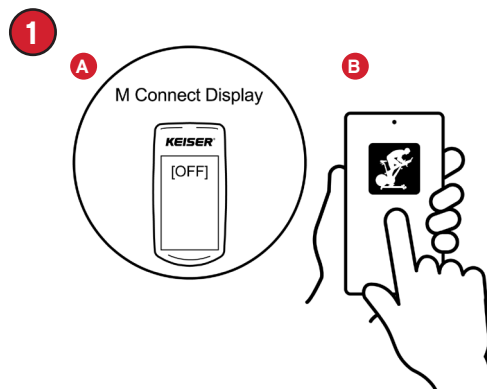
M3i lite / M3i Bike
005503XXC
005507XXC

M5i Strider
005603XXC

Initial Setup with Fitness Apps

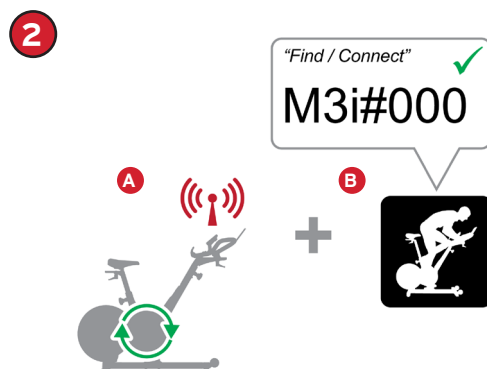
1. Setup

- A. Begin with the M Connect Display OFF (sleep).
- B. Launch your fitness app.
- C. OPTIONAL — Heart Rate Monitor (HRM). If using a HRM, choose your connection:
 - M Connect Display — connect to the HRM signal automatically simply by pedaling to wake up the M Connect Display. Heart rate data will show on the M Connect Display (pulsing heart icon).
 - Fitness App — connect to your app's devices list to receive and record heart rate data.
 - ⚠ You must hold the HRM next to your app, away from the M Connect Display, to find and connect.



2. Connect to Fitness App

- A. Pedal to wake up the M Connect Display.
- B. Continue pedaling and connect to **M3i#000** in the app's devices list.
- C. OPTIONAL — HRM users: Hold the HRM next to your app, away from the M Connect Display, to find and connect.
 - Available workout data transmitted: Power, Cadence, Speed, and Heart Rate.
 - HRM users: HRM not detected? See the Helpful Notes section below.



HELPFUL NOTES:

- Fitness apps with Fitness Machine Service (FTMS) or Cycling Speed and Cadence Support (CSCS) technology are required to receive workout data from the M Connect Display. See app features for available workout parameters. Click [here](https://ksr.com/app-compatibility) (ksr.com/app-compatibility) for the list of compatible fitness apps.
- HRM not detected?
 - » Ensure the HRM is turned ON and positioned correctly; check HRM for low or dead battery.
- HRM connection:
 - » Connect the HRM to the M Connect Display at the start of your cycling session for best user experience.
 - » A pulsing heart icon on the M Connect Display indicates HRM connection (see HRM Connection illustration).
 - » To change HRM connection from the M Connect Display to your app: Stop pedaling and allow the bike display to go to sleep. Restart your app and HRM. Repeat Step 2, only this time with the app closer to the HRM.
 - » Certain apps detect HRM signal within a "power/cadence" menu or a cycling session. Remember to hold the HRM next to your app, away from the M Connect Display, to improve detection.
- Connect the M Connect Display from your app's devices list, not from your phone/tablet Bluetooth settings.
- Default device ID is M3i#000 for the Indoor Cycle and Strider.
- To change the default device ID, refer to the Bluetooth® SMART section of your equipment's user manual. Note: Device ID is referred to as "Bike ID" and displayed as "bid" at startup of the display.

