

invictus active TRAINER

Speed and heart rate sensor (Trainer Smart)

(Based on using an iPhone)

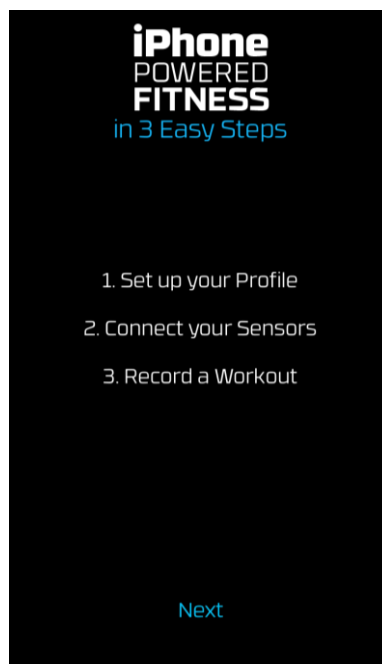
Firstly visit the App Store and download the 'Wahoo Fitness' free application.



Open app and follow the step-by-step prompts – of which are below .

1) Set-up your profile.

If you are in the UK ensure you select 'English' under I prefer... to ensure speed is in MPH.



1. Set up your Profile

I prefer...

I am...

My height is...

I weigh...

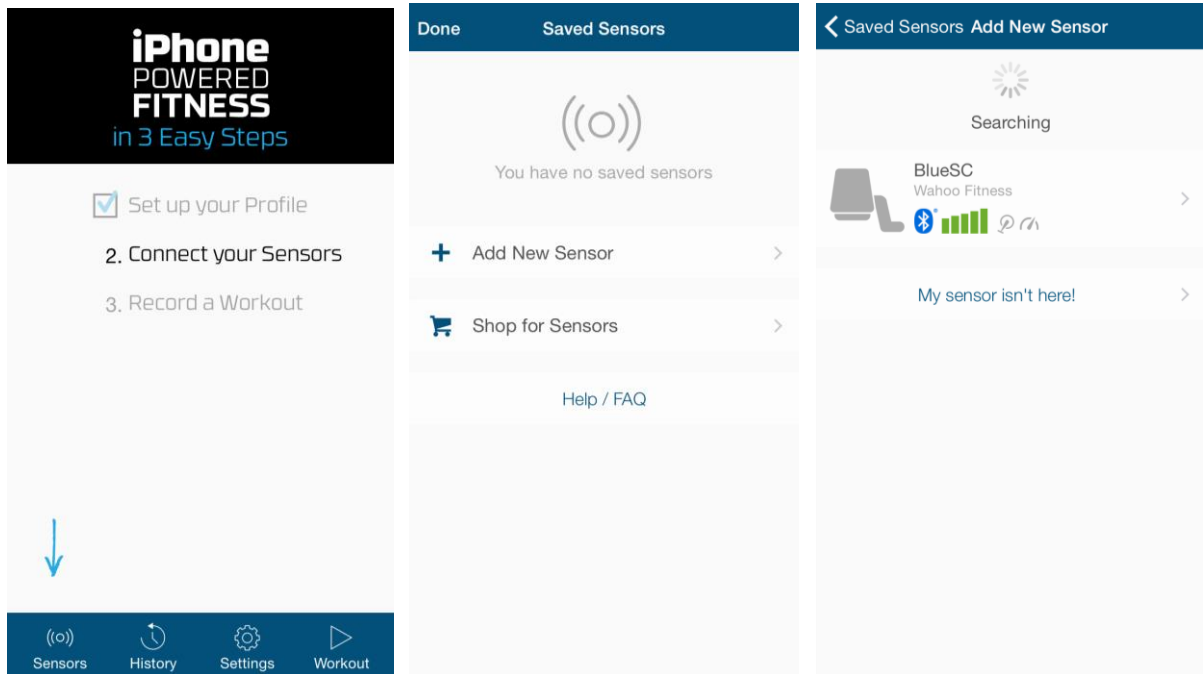
I was born on...

[Next](#)

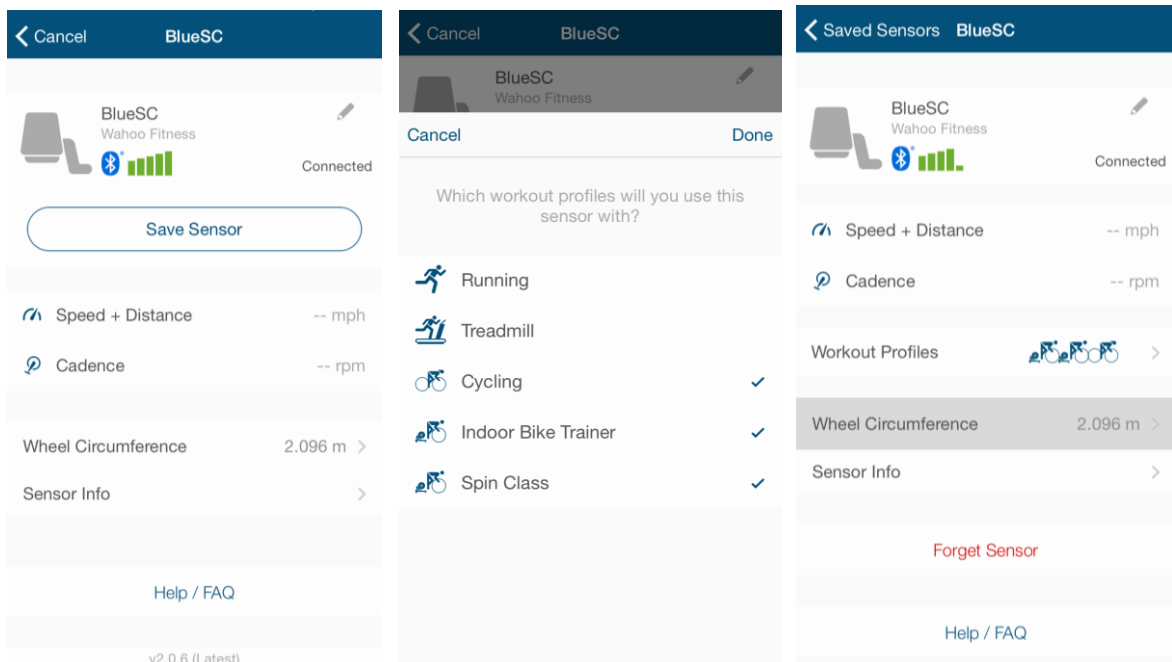
We only use your profile information to improve your fitness data, we never see or sell your details.
[See privacy policy here.](#)

2) Connect your sensors

Ensure sensor is on your Trainer and has been activated – i.e. the blue light has flashed.

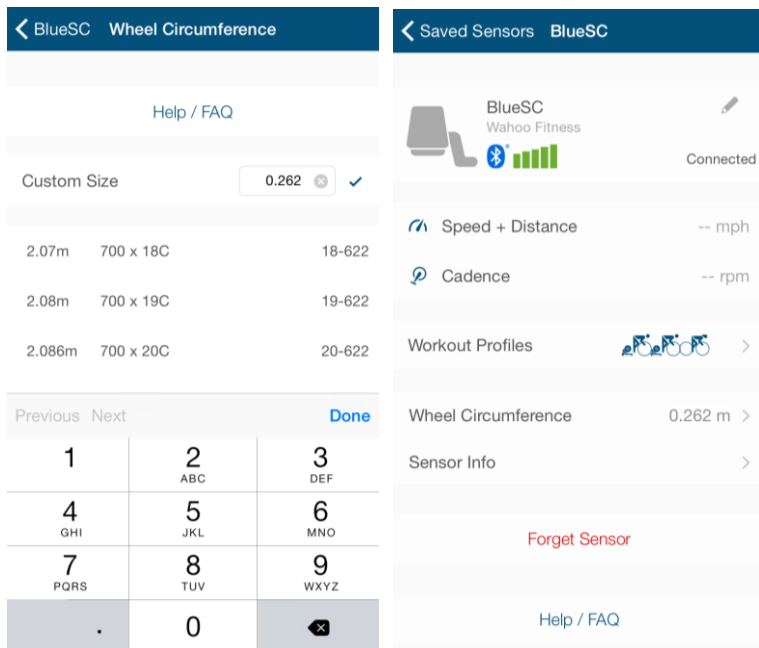


Press 'add new sensor' and find your BlueSC sensor.



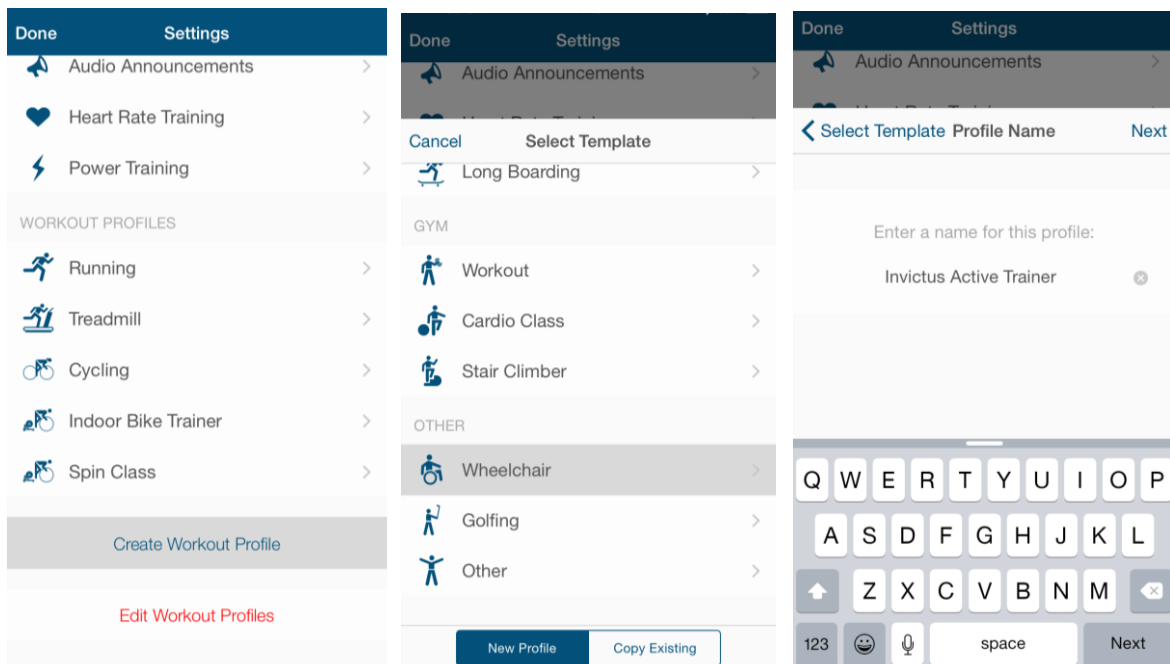
Press 'save sensor' and initially leave the workout profiles ticked.

Change wheel circumference size to **0.262** and press done / save.

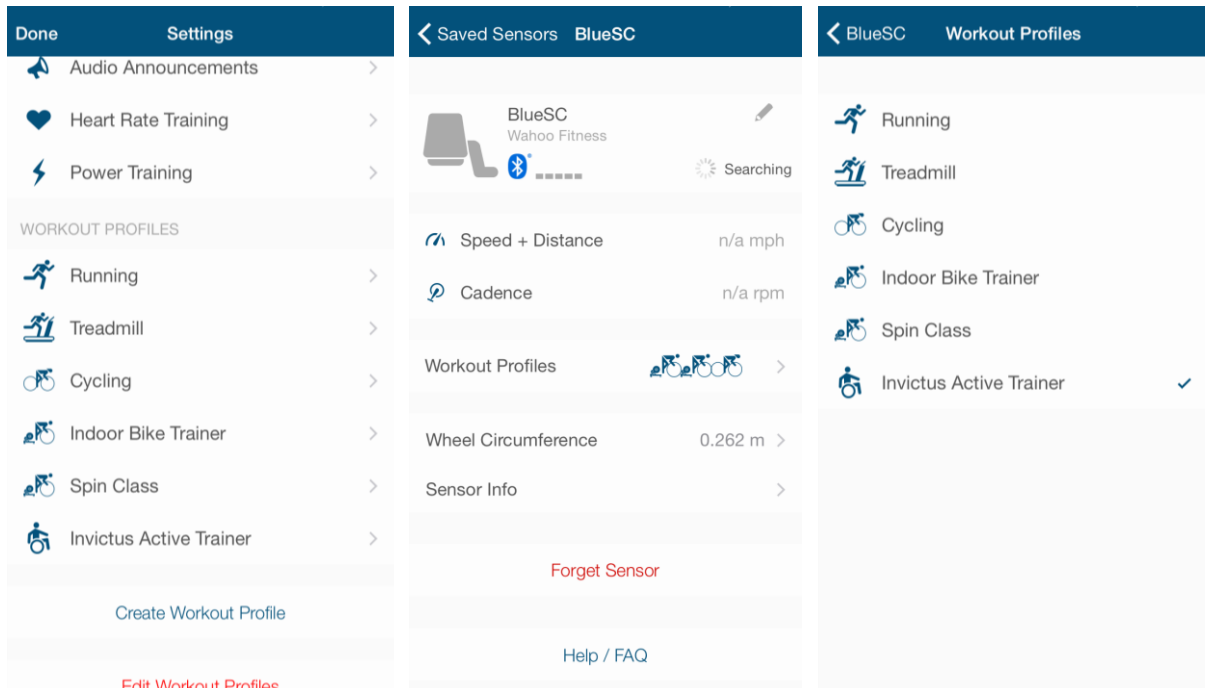


3) Create Invictus Active Trainer workout profile.

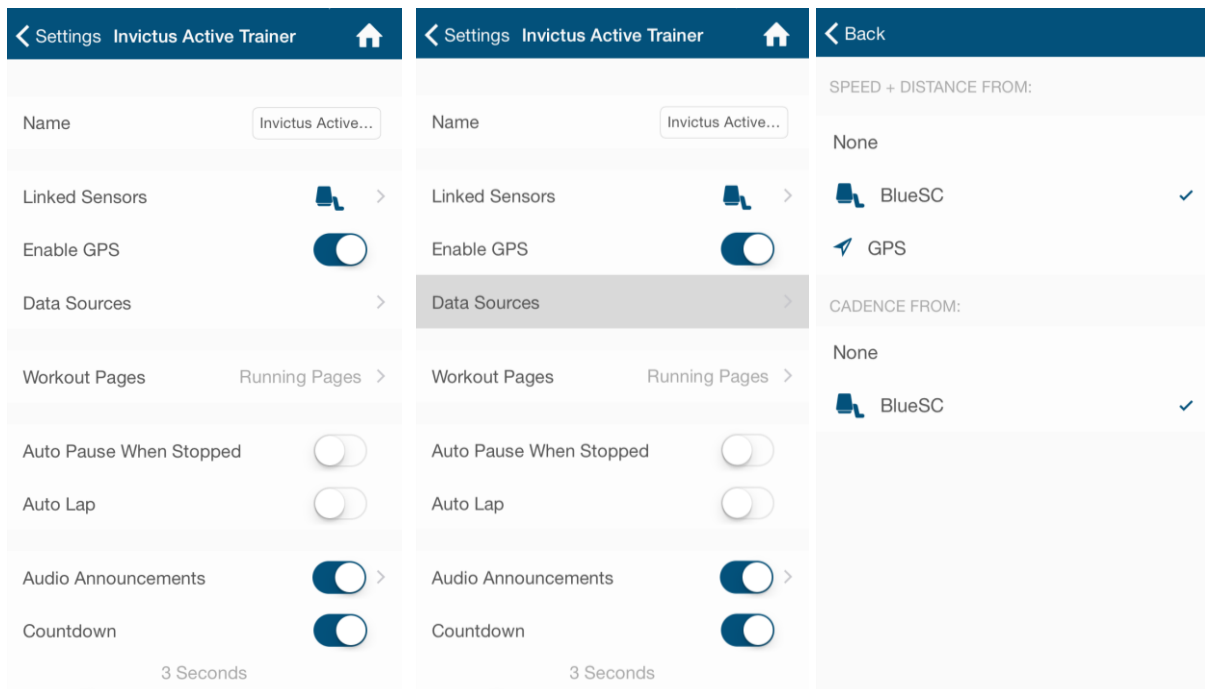
Press setting and the 'create workout profile' at the bottom – under other press Wheelchair and name the profile 'Invictus Active Trainer – press next / save.



Go back to saved sensors, press Workout Profiles and tick Invictus Active Trainer. This links the profile to the sensor.



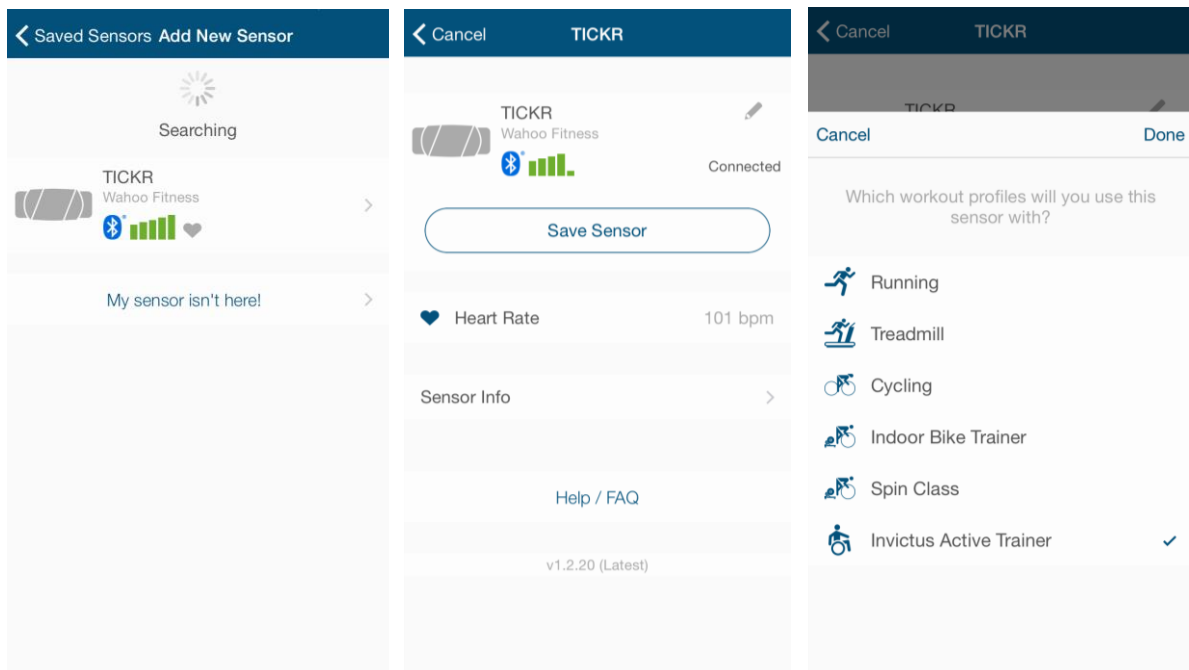
In settings press the Invictus Active Trainer profile – press data sources and ensure the BlueSC sensor is ticked for speed + distance and cadence.



Heart rate sensor:

Snap sensor into one side of belt, adjust strap and moisten the contact point on the strap with saliva or electrode gel. Wrap it around your chest and snap other end into place.

Press 'add new sensor' – once found 'save sensor' and then ensure Invictus Active Trainer is ticked.



4) Workout!

Press workout – the Invictus Active profile should be showing – ensure sensor is linked and showing green bars. Press workout and start training!

