

# ELEMNT GPS Bike Computer USER GUIDE

## Download the ELEMNT App

Wahoo Fitness

The Wahoo Fitness ELEMNT App is the essential supplement for your new ELEMNT GPS Bike Computer.

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## Product Information

The ELEMNT is the newest installation in the range of bike computers offered by Wahoo Fitness, giving you plenty of functionality plus enabling you to measure your performance with ease. The feature filled ELEMNT is the first truly wireless bike computer enabling you to do all the things you expect from a bike computer plus more.

The ELEMNT Bike Computer is designed to be used in conjunction with the ELEMNT app, a free app which allows you to maximize the potential of the ELEMNT and makes getting the most out of your workout an easier task.

As a stand alone device, the ELEMNT gathers information on temperature, elevation, location & speed. By adding in additional sensors, the ELEMNT can gather a wealth of information to expand your reporting ability on your workout.

Use with or without your smartphone when performing a workout and enjoy quick and easy automated upload of your rides when connected to wifi.

## Ios

This product is designed for use on the iPhone 4s and newer, iPad 3rd gen and newer, iPad mini, iPad Air, and iPod 5th gen and newer.

## Android

This product is designed for use with Android devices compliant with the Bluetooth 4.0 protocol running version 4.3 or newer & must allow Third Party App Access to the Bluetooth 4.0 (Smart) Radio.

***NOTE: Wahoo Fitness has not tested complete compatibility with all Android devices matching this description. Please download the app from the Google Play Store to ensure that it installs on your device before purchasing a product.***

## This product is shipped with the following:

- ELEMNT bike computer
- Standard Micro USB cable
- (3) Bike mounts (Stem, Out-Front & Aero)
- Quickstart guide
- Important Product Info Guide

## Setup

This setup guide is intended to assist with readying your ELEMNT for first use and pairing to the ELEMNT app.

1. Remove from packaging.
2. Turn on by pressing the power button located on the left side of the device. After first time loading, a QR code will be displayed. You are now ready to start setting up the ELEMNT with the ELEMNT app on your smartphone.

***NOTE: Although the ELEMNT ships with approximately 50% charge, for best results, it is recommended that the device be charged fully before performing your first workout.***

## **Pairing the ELEMNT to your smartphone:**

iOS users:

1. Download the ELEMNT app from the App Store.
2. Open the ELEMNT app & watch the introductory welcome video or skip to continue. Make sure you have bluetooth enabled on your mobile device.
3. Select Start to proceed with pairing the app to your ELEMNT.
4. If not turned on already, turn your ELEMNT on by pressing the button located on the left hand side of the device.
5. Pair your ELEMNT with your smartphone by scanning the QR code displayed on the ELEMNT. (Simply place the ELEMNT in front of your phone camera.)

***NOTE: The ELEMNT app requires access to the camera in order to scan the QR code. Please enable access to the camera when prompted.***

6. When the dialogue box appears, select Pair to complete the pairing process.
7. The ELEMNT app will now display the login page. Log in by signing up to the Wahoo Fitness Cloud or use your Facebook login to proceed.

***NOTE: Login is necessary to backup your data and sync between devices. This step can be skipped, but will be required in order to view your data on other devices.***

8. Connect the ELEMNT to a wifi network to enable essential services such as:
  - update of your device
  - upload rides
  - download maps & load routes
9. Log in to your favorite fitness sites and ELEMNT will automatically upload your rides over wifi. Alternatively, select Next and add these later.
10. Complete a basic profile to be used with the ELEMNT. This information will be used to calculate metrics such as calories and HR zones. Alternatively, select Next and add these later.
11. Enable Live Track if desired to allow you to see other riders on the ELEMNT and allows other ELEMNT users to see you. Additionally, you can also share a link with family and friends to view your location online.
12. If you choose to enable Live Track, you can also automatically share your location with others. Add recipients via email to continue or select Next.

Android users:

1. Download the ELEMNT app from the Google Play store.
2. Open the ELEMNT app & watch the introductory welcome video or skip to continue. Make sure you have bluetooth turned on.

3. Select “Start” to proceed with pairing the app to your ELEMNT.
4. If not turned on already, turn your ELEMNT on by pressing the button located on the left hand side of the device.
5. Pair your ELEMNT with your smartphone by scanning the QR code displayed on the ELEMNT. (Simply place the ELEMNT in front of your phone camera.)

***NOTE:** The ELEMNT app requires access to the camera in order to scan the QR code. Please enable access to the camera if prompted.*

6. The ELEMNT app will now display the login page. Log in by signing up to the Wahoo Fitness Cloud to proceed.

***NOTE:** Login is necessary to backup your data and sync between devices. This step can be skipped, but will be required in order to view your data on other devices.*

7. Connect the ELEMNT to a wifi network to enable essential services such as update of your device, upload rides, download maps & load routes.
8. Log in to your favorite fitness sites and ELEMNT will automatically upload your rides over wifi. Alternatively, select Next and add these later.
9. Complete a basic profile to be used with the ELEMNT. This information will be used to calculate metrics such as calories and HR zones. Alternatively, select Next and add these later.
10. Enable Live Track if desired to allow you to see other riders on the ELEMNT and allows other ELEMNT users to see you. Additionally, you can also share a link with family and friends to view your location online.
11. If you choose to enable Live Track, you can also automatically share your location with others. Add recipients via email to continue or select Next.

After initial installation, the ELEMNT will perform a step-by-step tour. Read up on how to use or select “Skip tour” to exit. Your ELEMNT is now set up and ready for action.

## Attaching your ELEMNT to your Bike:

The ELEMNT comes with three mounts to use, depending on your preference:

- Out-Front Mount
- Aero Mount
- Stem Mount

Choose the mount that best suits your riding style so that you can easily see the screen and access the buttons safely. Take care when tightening to ensure that the ELEMNT will be secure during your ride. For best results, tighten periodically to maintain a secure hold.

Installing the Out-Front Mount:

The Out-Front Mount consists of a single mount, secured with an allen key bolt(2.5mm).

**NOTE:** Allen key not supplied.

1. Begin by removing/loosening the allen key bolt so the Out-Front Mount can slide over one side of your handlebars.
2. When seated in your preferred location, replace/tighten the allen key bolt until the Out-Front Mount is securely fastened. The Wahoo logo should be facing upwards (and facing toward you if you were seated on the bike). Your mount is ready to use.

Installing the Aero Mount:

The Aero Mount consists of a single mount, secured with an allen key bolt(3mm).

**NOTE:** Allen key not supplied.

1. Begin by removing/loosening the allen key bolt so the Aero Mount can be slid around one of your aero bars.
2. When seated in your preferred position, replace/tighten the allen key bolt until the Aero Mount is securely fastened. The Wahoo logo should be facing upwards (and facing either toward or away from you depending on which bar it is seated on). Your mount is ready to use.

Installing the Stem Mount:

The Stem Mount consists of the following items:

- 4 x zip-ties
- Plastic Stem Mount
- Rubber Mount insert

1. Ensure that the Rubber Mount insert is sitting flush with the Plastic Stem Mount. The bike mount is now ready to be installed.
2. Place the bike mount in alignment on the stem of your bicycle, ensuring that the rubber insert side is facing down and the Wahoo logo is on top and facing towards you (if you were seated on the bike).

**NOTE:** This mount can also be installed on your handlebars if required.

3. Thread two of the zip-ties through the holes provided in the bike mount and tighten securely around the bicycle stem.
4. When tightened to your satisfaction, trim any excess zip-tie cables. Your mount is ready to use.

To install the ELEMNT on the bike mount:

1. Align the ELEMNT mount connector (on the back of the ELEMNT) with the bike mount. The ELEMNT should be perpendicular to the bike mount, with the Wahoo logo on the ELEMNT facing away from you.
2. Insert the ELEMNT mount connector into the bike mount.
3. Twist one quarter turn clockwise to secure.

To remove the ELEMNT from the bike mount:

1. To remove, grip the ELEMNT securely and twist one quarter turn anticlockwise.
2. Lift the ELEMNT out of the bike mount.

## Getting to Know your ELEMNT

- The ELEMNT interface consists of the following buttons:
  - Power Button (left side button): Use to power on/off or access the Settings menu. Easily add your sensors at any time by tapping the power button and selecting the Add a Sensor.
  - History Button (bottom left button): Use to display recent workout history and weekly report. More detailed workout information is available through the app when you connect to wifi (upload of workouts is automatic). Additionally, the History button is also used to stop a workout or start a new lap during your ride.
  - Start Button (bottom centre button): Use to start/pause/resume a workout, or toggle Settings menu items on/off.
  - Page Button (bottom right button): Press the Page button to switch between workout data, climbing and navigation pages.
  - Menu Toggle (right side up/down buttons): Use to navigate the Settings menu or quickly see more or less data by zooming in or out on any page when performing a workout.
  - LED indicators: LED indicators provide a quick way to see if you're on pace with important performance metrics like speed, heart rate, and power.

- The side LEDS: Can be set to indicate speed, power or HR. The middle LED is your current average performance, LEDs above that mean higher than average and LEDs below mean below average.
- The top LEDS: Are for notifications and page indication.

## Settings Menu:

Backlight: Toggle On/Off/5 Seconds

GPS: Toggle On/Off

Sensors: Add a sensor. The ELEMNT will automatically try to connect when you hold your compatible (& awake) sensor nearby.

Pair Phone: Use this function to display a QR code to enable phone pairing. This will change to Forget Phone once the ELEMNT has been paired.

System Info: Displays various device information and performs advanced functions:

- ID: Unique identifier assigned to the ELEMNT when first connected to your smartphone via bluetooth.
- Version: Displays current version and enables manual update over wifi.
- Factory Reset: Restores settings to factory default.
- Warning: Will delete all workouts stored on the device.
- Run Setup: Enables selection of language, units, timezone, time & date.

## Other Features & Points to Note:

Battery Life:

The ELEMNT is charged by using the Micro USB cable provided. When fully charged, the ELEMNT will function for up to 17 hours.

**NOTE:** *Running the backlight continuously will diminish the battery at an accelerated rate. For maximal battery life, use the backlight only when necessary.*

Charging your Battery:

1. Gently remove the silicon dust cap covering the charging port on your ELEMNT.
2. Insert the plug of the Micro USB cable into the charging port.
3. Connect the Micro USB cable to a suitable power source to charge. e.g. a computer USB port, or if using in conjunction with an AC adapter, to a wall outlet.
4. When charged, remove the Micro USB cable from the charging port.
5. Replace the silicon dust cap, ensuring that it is seated firmly to prevent moisture or dust from entering the device.

**NOTE:** For best results and battery life, always charge to full capacity when possible. Additionally, take care when handling the silicon dust cap. Always clean and dry the area surrounding the charging port thoroughly if it becomes wet or dirty, and do not plug into a power source until the area is free of moisture or debris. Corrosion and damage to the ELEMNT may occur if not handled correctly.

#### Uploading Workouts:

The workout information displayed on the ELEMNT at the end of your ride only represents a small portion of the data that is available for review. To access more information, upload your workouts to the app or your preferred compatible application or website.

Upload preferences are managed via the app. (Automatic upload of workouts can be selected via the Settings menu, and manual uploads can be managed via the Results menu.) Transfer of workouts occurs automatically or manually whenever a wifi signal is present, sending data to whichever apps or sites have been preauthorized to receive them. However, the Micro USB can also be used to manually transfer workout data from the ELEMNT to another device.

- For PC users: Plug in your ELEMNT to your PC via the Micro USB and the internal memory will function just like a flash drive.

**NOTE:** European Windows 10 requires a patch: <https://www.microsoft.com/en-us/download/details.aspx?id=19153>

- For Mac Users: An additional application is required to function as an interface - contact support@wahoofitness.com for more information.

#### Updating your Device:

App & firmware updates will be installed automatically when a wifi signal is present. Alternatively, manual installation of app and firmware updates can be accessed via the Settings menu if required.

#### To perform a manual update:

1. Open the Settings menu on the ELEMNT.
2. Open System Info menu.
3. Scroll down to the Version tab and select Check to perform a manual check for updates.
4. Select Yes to check and download an update, if available. The Version information will read Up to Date if no updates are available at this time.

**NOTE:** Automatic updates will only be performed after initial installation or just prior to powering off, to prevent interfering with your use of the ELEMNT.

#### Alerts/Notifications:

The ELEMNT can work in conjunction with your smartphone and display notifications during your workout, as per your preference. If activated, phone calls, SMS and email alerts (iOS only) will be temporarily displayed during your ride, and be accessible from the Settings menu.

Dismiss each alert from the Settings menu to view additional alerts. Turn this function on or off by accessing the Settings menu on your app.

***NOTE: This feature requires you to have your phone with you during your ride.***

Measuring Temperature:

The ELEMNT measures temperature during your workout, but occasionally may display temperatures that differ from the true temperature of your surroundings. For example, this may occur when the device is placed in direct sunlight, is being charged via an external battery or is subject to sudden changes in temperature.

Multiple Same-Sensors & Data Management:

In the event that multiple same-information sensors are being employed (e.g. two speed sensors), the ELEMNT uses a quality of data hierarchy to determine which sensors will be used to gather data during your workout. In this scenario, if one sensor should fail, the ELEMNT will automatically switch to the next data source and continue data gathering. Manual selection of a duplicated data source is not available.

Adding Sensors:

Add sensors to gather more information during your workout and get a more comprehensive report about your ride. Sensors can gather a multitude of information such as speed, heart rate, cadence, power and much more. Adding a new sensor to your ELEMNT is as simple as waking up your sensor & opening the Settings menu to access the Add a Sensor function. Place the sensor close to the ELEMNT and you'll be prompted to save after a few seconds. If you have many close sensors then you will see a More option (bottom right button).

If you start your workout without waking up your additional paired sensors, you can still wake them and they will begin to send data. Additionally, you can pair a new sensor at any time, even during a workout.

## **ELEMNT App**

The ELEMNT app consists of three main areas: Results, Profile & Settings. Together with your ELEMNT, the app enables you to record and personalize your workout, view in depth data regarding your ride and share information with other apps and people.

Once set up, the ELEMNT does not require your smartphone to be nearby to record a workout. However, please note that if using certain functions or sensors (e.g. alerts, Live Track), they may require the smartphone to be nearby in order to operate. Plan your ride accordingly.

## **Ride:**

The Ride menu enables you to manage your ride via the ELEMNT app and easily view sensors, routes and more.

Before the ride:

Use the Ride menu to configure your ride, select a route, or check your sensor status.

During the ride:

Use the Ride menu to see an up to date summary of your ride, select/change routes, navigate to points of interest and view a map of your ride.

## **Sensors:**

In the Ride menu, you can access and view the connection status of your paired sensors from the top of the page. Select one of the sensor icons at the top of the page to view the Saved Sensors or to add a new sensor. The ELEMNT app will allow you to add new sensors and manage existing ones by using the auto detect function - just make sure your sensor is awake and nearby.

## **Routes:**

Routes are intended to make navigating during your workout a breeze. There are a variety of ways that routes can be created, from simple navigation to a destination, through to using previous workout history or even importing routes from a preferred site.

Create Route:

There are two ways to make use of the Routes function - either in Outdoor or Indoor mode, depending on the kind of workout being performed:

- In Outdoor mode: GPS and elevation detection is enabled for live tracking and workout data recording.
- In Indoor mode: GPS and elevation is disabled, as these functions are not required for indoor training.

Use the Routes function to easily select a route for use on the road, or for indoor training as per your workout needs:

- Search for Location: Got somewhere you want to go, but no planned route? Use this feature to enable the Take Me Anywhere function, which will plan your route accordingly from A to B and send it to the ELEMNT.
- To make a new route:
  1. Use the search tab to look for a location or tap a spot on the map to create a route.

2. Tap Select to sync the selected route with the ELEMNT.

**NOTE:***The ELEMNT must be turned on and connected via wifi in order to receive routes from the app.*

- To remove a saved route:
  1. Tap the route and either select Clear Route or Change Route to select a new destination.
- Create From History:

You can create your own route for navigation or KICKR indoor riding by selecting a ride from your saved history:

1. Select a ride from your displayed history to make into a new route.
2. A prompt will appear to enter a name for the route you are creating. Enter a name and select 'Done'.
3. Your new route will now be uploaded to your ELEMNT.

**NOTE:***The ELEMNT must be turned on and connected via wifi in order to receive routes from the app.*

- Sync From Web:

You can authorize the following sites in order to automatically receive routes to the ELEMNT:

- Strava
- RideWithGPS
- Komoot
- BestBikeSplit

**NOTE:***You must login & authorize access to the above sites in order to use this feature.*

- Import File:

Tap to open instructions on how to import a GPX or TCX file to your ELEMNT:

0. Select a GPX/TCX file from a website, email attachment, dropbox folder, etc.
1. Tap on the GPX/TCX file, select 'open in'.
2. Select 'Copy to ELEMNT'.

**NOTE:***Your ELEMNT must have wifi connection and you must be logged into your Wahoo Fitness account.*

Once you have created a route and synced the details with ELEMNT, press Start on the ELEMNT to begin a workout and view navigation. Navigation will be displayed on the Routes

page on the ELEMNT, and within the Ride page on the app while the ride is in progress. A basic summary will be displayed in the app in addition to the ride navigation.

Additionally, you can modify your route at any time by selecting the route name at the top of the page to either clear the route, or change to an alternative route.

When your workout is complete and the ELEMNT syncs with the app, the Results page will be displayed on the app to show a detailed summary of your workout.

All Routes:

If you have imported or created a route for use on the ELEMNT, it will be displayed here with a basic summary of the information regarding the ride.

Share Live Track Link:

Export a link at any time containing your Live Tracking information with friends or family to let them see where you're at on your ride.

## Results:

Displays your workout data and ride statistics. Select any workout to view more information. If you have automatic uploads configured on the app, your workouts will be exported automatically when connected to wifi. Alternatively, you can manually upload your data to a third party app of your choice by selecting the Sharing icon located in the top right corner of the screen.

**NOTE:** You will need to login and authorize sharing of information with the desired app in order to export information.

You can delete a workout at any time by:

- iOS: Selecting Edit or swiping left. Using the Edit function enables you to multiple-select items to be deleted. Select Delete to confirm.
- Android: Long press (Android) on the selected ride. Select Delete to confirm.

**NOTE:** Using the Edit function enables you to multiple-select items to be deleted.

## Profile:

Edit your personal information or make modifications to your preferred settings here.

From the Profile page you can:

- Log in to the Wahoo Cloud: to enable automatic updates, backup and syncing of workout data.

- Access your Linked Accounts: to share workout data with the authorised apps of your choice.
- Edit your Profile: Create a profile by recording your personal information. Entering your details enables fitness calculations such as calorie burn.
- FTP: Use the default or enter your Functional Threshold Power, if known.
- Heart Rate Zones: Use the default or enter your Heart Rate Zones, if known.

## **Settings Menu:**

Sensors & Data:

Access this menu for the following functions:

- Customize Pages
- Set Up Sensors
- LEDs & Sound
- Customize Pages:

Using the ELEMNT app, you can reconfigure the existing workout pages or configure up to 5 personalized workout pages to be displayed on your ELEMNT.

### **To customize your ELEMNT display:**

1. Ensure the ELEMNT is powered on and nearby.
2. Open the Settings menu in the app.
3. In the Sensors & Data menu, open the Customize Pages tab.
4. Toggle each desired workout page on or off for display on the ELEMNT.

### **To reconfigure a workout page:**

5. Select a workout page to edit.
6. To change the data displayed as per your preference:
  - iOS: Tap to change a data field or drag to reorder.
  - Android:
    1. Tap on an existing field to change your selection.
    2. Use the Edit function to drag and reorder or delete data fields. (Select the blue handle to drag or the red minus to delete.)
    3. Select Done when finished, and use the Back button to exit.

### **To configure a new workout page:**

7. Select Add Custom Page.
8. Name the new page when prompted and select Done to proceed.

9. Select 10 data fields to be displayed:

- iOS:
  - Tap to nominate the 10 data fields to be displayed and select Save.
  - Tap to open the page you created and drag to reorder your preferences.
  - When finished, select the Back button to exit.
- Android:
  - Select Add Data Field to choose a data type.
  - Tap on an existing field to change your selection.
  - Use the Edit function to drag and reorder or delete data fields. (Select the blue handle to drag or the red minus to delete.)
  - Select Done when finished, and use the Back button to exit.

## To configure a new workout page:

10. Select Add Custom Page.

11. Name the new page when prompted and select Done to proceed.

12. Select 10 data fields to be displayed:

- iOS:
  - Tap to nominate the 10 data fields to be displayed and select Save.
  - Tap to open the page you created and drag to reorder your preferences.
  - When finished, select the Back button to exit.
- Android:
  - Select Add Data Field to choose a data type.
  - Tap on an existing field to change your selection.
  - Use the Edit function to drag and reorder or delete data fields. (Select the blue handle to drag or the red minus to delete.)
  - Select Done when finished, and use the Back button to exit.

## To delete a workout page:

13. Select Edit or swipe left (iOS only) to nominate screens to be deleted.

14. Select Delete to confirm.

*NOTE: The default workout pages cannot be deleted.*

## To restore workout pages to default:

15. Select Reset Pages.

16. Select Reset when prompted to return all pages to the default setting.

- Set Up Sensors:

Use sensors with the ELEMNT to collect & display more data during your workout. If you have additional sensors like a power meter or heart rate monitor, you can add a new sensor from the Settings menu on the app or on the ELEMNT itself.

## To add a new Sensor:

1. Open the Settings menu on the app.
2. Select Set Up Sensors from the Sensors & Data menu.
3. The ELEMNT app will automatically begin to search for compatible sensors, just make sure your sensor is awake and nearby.
4. Any available sensors will appear as a list. Tap on an unsaved sensor & select Save Sensor to add it. The saved sensor(s) will be displayed in the Sensors menu.

## To forget a sensor:

5. Open the Settings menu on the app.
  6. Select Set Up Sensors from the Sensors & Data menu.
  7. Select the sensor to delete & select Forget Sensor to confirm.
- LEDs & Sound:

Toggle the LEDs and sound alerts on or off as per your preference.

## Location & Maps

- Manage Maps:

Manually add, remove and update map packs on your ELEMNT. You will need a wifi connection to download maps, make sure you are prepared before you travel.

- Live Track:

Toggle Live Track on to enable those with access privileges to see your location. You will need to login or create a Wahoo Fitness cloud account to enable Live Track. If enabled, share the link provided with anyone you wish to see your location during your ride.

- Auto Share Tracking Link (iOS only):

Additionally, you can set up an Auto Share function on your ELEMNT so that your friends and family will know your location each time you ride. Simply nominate who to notify and the ELEMNT will do the rest.

- Always Rotate Map: Enable to have the map rotate so that you are always heading towards the top of the display.
- Strava Live Segments:

Connect with Strava to use Live Segments, automatically upload your rides and more.

#### Ride:

Toggle personal preferences for display during your workout.

- Auto Pause:

Set as On for default, the Auto Pause function is used to prevent workout data from being recorded during periods of inactivity. Workout recording will resume automatically with detectable activity. Turn this function Off if all information, including inactivity, is to be recorded.

- Auto Lap:

Set as Off for default, the Auto Lap function can be set to a given distance or time depending on your preferences.

- Backlight:

Set as Off for default, the backlight can be adjusted to be turned on for 5 seconds at a time, or always on to improve visibility. Alternatively, select your own time preference.

#### WIFI:

The ELEMNT requires access to a wifi connection in order to perform automatic workout uploads, firmware updates and download routes. Access to wifi is essential for proper functioning of the ELEMNT.

- Wifi Network:

Use this function to select a network to join.

- Automatic Upload:

Toggle On to enable automatic upload of all rides to authorized websites whenever ELEMNT is in wifi range.

#### Alerts:

Alerts from your smartphone can be displayed as popups on the ELEMNT during a ride when linked. Toggle Phone Calls, Messages and Email (iOS only) alerts as preferred. Additionally, use the Do Not Disturb function to nominate a period of time when alerts will be disabled. You must have your smartphone nearby and the ELEMNT app open in order to receive alerts.

#### Config:

Enable auto shutdown as per your preference.

Info:

Displays the current version information for the ELEMNT. Additionally, if you need to un-pair the ELEMNT, you can do so here.

Unpairing/Pairing for iOS Users:

Basic Unpairing/Pairing:

1. Open the Settings menu on the app.
2. While the ELEMNT is still connected, select Unpair ELEMNT from the Settings menu. This will bring up a prompt recognising that the ELEMNT is no longer paired to the app, but still connected to the iPhone.
3. The prompt will ask whether you would like to pair again (does not require a QR code). Accept, and the ELEMNT will pair to the app.

Alternatively, you may completely remove the ELEMNT and begin again, see Advanced Unpairing/Pairing.

Advanced Unpairing/Pairing:

1. On the ELEMNT, open the Settings menu and select Forget Phone. This will forget the phone and cause the ELEMNT to reboot and return to the default workout screen. (If you have the app open, you may notice during this time that the ELEMNT app will say that it is searching.)
2. Open the ELEMNT Settings menu and select Pair Phone. A QR code will be displayed.
3. Open the app and select Unpair ELEMNT (either from the Settings menu, or displayed on screen if the app is already open). The app will recommend you also remove the pairing from the iPhone Bluetooth menu\* and then prompt you to scan the QR code displayed on the ELEMNT.
4. Hold the ELEMNT up to the phone camera to scan the QR code.
5. A prompt will appear on the app requesting to pair the ELEMNT with your phone. Select Pair to complete the pairing process. If you do not select Pair (by allowing a timeout) or you select Cancel, pairing will not proceed and you will need to select Pair Phone again on the ELEMNT.

If the ELEMNT is not currently connected to the app, a searching screen will be displayed on your smartphone. On this screen there will be an option to Unpair ELEMNT. Unpairing your ELEMNT will prompt the app to begin the pairing process again. Turn on your ELEMNT and continue as above from Step 2.

**\*NOTE:** Although recommended, removing the existing pairing from your phone (accessible via the iOS bluetooth settings) is not essential. You will notice that if you do not remove this pairing, multiple entries will appear in your My Devices listing. These additional (defunct) entries can be

deleted at any time. To do this, open the phone Settings menu, access the Bluetooth menu and forget the unwanted ELEMNT pairing from My Devices.

Unpairing/Pairing for Android users:

1. Open the Settings menu on the app.
2. While the ELEMNT is still connected, select Unpair ELEMNT from the Settings menu.
3. A prompt will ask whether you would like to pair again. Accept, and the ELEMNT will ask you to follow the prompts to pair to the ELEMNT:
4. Open the Settings menu on the ELEMNT.
5. Select Pair Phone.
6. Hold the QR code displayed on the ELEMNT up to the camera on your smartphone. The ELEMNT will pair with your smartphone after a moment or two.

If the ELEMNT is not currently connected to the app, a searching screen will be displayed on your smartphone. On this screen there will be an option to Unpair ELEMNT. Unpairing your ELEMNT will prompt the app to begin the pairing process again. Turn on your ELEMNT and select Pair on the app and then continue as above.

## **Performing a Workout**

### **Starting your Workout:**

1. Turn on your ELEMNT.
2. Open the ELEMNT app on your smartphone for additional features (Live Tracking, notifications, etc.) Keep your smartphone nearby if performing a workout that requires phone proximity.
3. After loading, press the Start button to begin your workout.
4. If you have additional paired (and awake) sensors, they will automatically start recording data.

### **During your Workout:**

The ELEMNT will record temperature, elevation, speed & location plus any additional information as per your paired sensors. Any cessation of activity will result in the Autopause function temporarily suspending data recording until activity resumes.

During the workout, there are several functions available:

- Press the Lap button to start a new lap (can be automated on the Companion app determined by time or distance as per your preferences).
- Press the Pause button at any time to temporarily stop your workout.
- Press the Page button to scroll through the workout pages and maps (displayed as per default or your preference).

- On the Maps page, use the Route button to open an imported route to use during your workout.
- Use the buttons on the right side of the ELEMNT to zoom in/out on a given page.
- Use the Settings menu to access notifications.
- If using a KICKR, you can access the KICKR controls as a workout page.

## Ending your Workout:

1. Select Pause and then Stop to end your workout.
2. Select Yes when prompted to confirm.

Your basic workout data will now be available from the History page. Alternatively, connect to wifi to either automatically or manually upload your data to the app for more detailed reporting on your workout.

## Want TO CONNECT TO ANOTHER APP?

The ELEMNT is able to share routes and workout data with a number of compatible third party apps:

- Health app (iOS only)
- RideWithGPS
- Strava
- TrainingPeaks
- MapMyFitness
- Today's Plan (Android)
- Komoot
- Best Bike Split
- SportTrack
- Dropbox

Sharing data is as simple as logging in and authorizing the app to enable access and you're away. Access the Profile menu in the ELEMNT app to manage your Linked Accounts.

## Troubleshoot

Resetting the device: Sometimes, your device may require a reset. If not auto-prompted by the ELEMNT, you can perform one manually by doing either of the following:

- Forced Reboot: Hold down the power button for 10 seconds to perform a forced reboot. e.g. Generally used if the screen becomes non-responsive.
- Factory Reset: Accessible from the Settings menu, restores settings to factory default. Warning: Will delete all workouts stored on the device.

For more help, check out our support FAQ [here](#).

## **Design Specifications:**

- Physical Dimensions (LxWxH): 2.25" x 3.5" x 0.8"
- Display Size: 240 x 400 resolution, 35mm x 400 mm, screen size 2.7"
- Weight: 3.5 oz
- Battery: lithium ion internal 1750mAh (rechargeable via Micro USB)
- Battery Life: Up to 17 hours
- Waterproof Rating: IPX7

## **Product Care Information:**

Should the ELEMNT require cleaning, use a moist soft cloth or similar to remove any debris. Strong cleaning agents are not recommended, as this may damage the device or reduce its lifespan.

The ELEMNT uses an internal rechargeable battery, which is charged via a micro USB cable. The rechargeable battery in the ELEMNT is not removable. Any attempt to remove or tamper