



TENDO Unit

YOUR INTELLIGENT WEIGHT TRAINING

QUICK START



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QUICK START

1. BATTERY

New rechargeable batteries are pre-installed in the battery compartment.

Before the microcomputer is operated, it is necessary to pull out a safety plastic strap from the battery compartment to release the battery contact. Afterwards, *tighten the 2 battery compartment screws using a Phillips screwdriver.*



2. ATTACHEMENT TO A TRIPOD

Unfold the tripod and attach the microcomputer magnet to the tripod metal plate.



ATTACHEMENT TO A RACK

Attach the microcomputer to the rack via the magnet on the back of your microcomputer unit. Place the Unit under the barbell, facing forward or sideways.



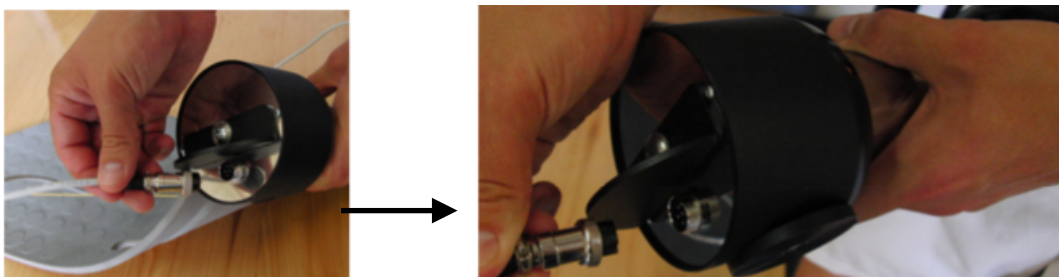
3. DATA CABLE AND MICROCOMPUTER

Plug the male connector of your Data Cable into the connector at the bottom of the microcomputer.



4. DATA CABLE AND SENSOR UNIT

Plug the other end of the Data Cable into the appropriate connector on your Sensor Unit.



5. WHERE TO ATTACH SENSOR UNIT?

Fasten the cord of the sensor unit to the bar, dumbbell or top weight of the weight stack with the Velcro strap.

Position the cord so that, during the exercise, the trajectory of the cord will be as close to perpendicular to the floor as possible. See below examples.



• *Outer end of bar*



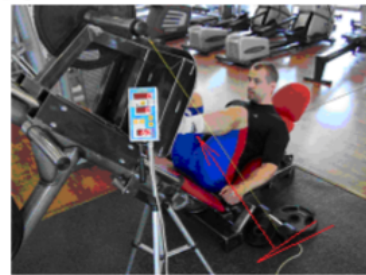
• *Grip section*



• *Weight stack*



• *Athlete's waist*



• *Leg press machine*

6. TO TURN THE POWER ON OR OFF, press the ON/OFF button for 3 seconds, until you hear a short beep.

If the batteries are charged, the green LED light flashes.
Red LED light indicates low battery power.



7. ENTER THE SETUP MODE

Press the Mode Button for 3 seconds, until you hear a short beep.

To scroll down the setup menu, press the Mode button



Identifying the parameters in the Setup Mode:

- **Load (Weight)** – microcomputer indicates on upper display „LoAd“
- **Filter** – microcomputer indicates on upper display „FILt“
- **Audio signal - Upper Limit** – microcomputer indicates on upper display „A-UP“
- **Lower Limit** – microcomputer indicates on upper display „A-LO“
- **% limit for Partial Avg. Power and Peak Force** (from 1 to 100%) – microcomputer indicates on upper display „P-AP“
- **Rest time (ON/OFF)** – microcomputer indicates on upper display „r-t“
- **Eccentric average velocity (ON/OFF)** – microcomputer indicates on upper display „ECS“

Use the Up and Down button to change settings.



8. EXIT FROM SETUP MODE

Press Reset Button and all changes will be saved.

If you do not press Reset Button, the microcomputer exits from setup mode automatically after 30 seconds, without saving new settings.

9. FACTORY SETTINGS

Load: 50kg

Filter: 35 cm

Audio signal upper limit: 100%

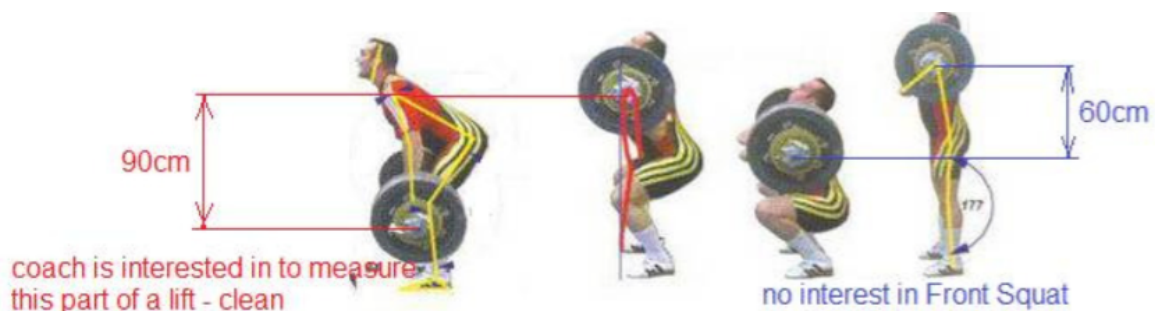
Audio signal lower limit: 90%

Partial Average Power and Peak Force range: 50% **Rest Time:** OFF

Eccentric Average velocity (ECS): OFF

10. SET UP SEQUENCE

1. Press ON/OFF button for 3 seconds
2. Set Load (Weight in Kg) - change by using the Up and Down arrow buttons (first option).
3. Press MODE button for 3 seconds
4. Set Load - (Weight in Kg) - second option even during the exercise set - change by using the Up and Down arrow buttons.
5. Press MODE button
6. Set Filter - see list of suggested Filters in main manual Page 9
E.g. 70-90cm - Power Snatch/Clean, Clean Pull, Snatch Pull
30-40cm - Squat, Jerk, Hang Clean and Hang Snatch
30-35cm - Bench



Filter setting to e.g.70cm and the Tendo Unit displays just 1 repetition - for Clean.
Filter e.g. 35cm and the Tendo Unit displays 2 repetitions - for Clean and Front Squat.

7. Continue down list „A-UP“, „A-LO“, „P-AP“, „r-t“, and „ECS“
8. To quit setup menu press the RESET button.
9. The microcomputer will show you the load (weight) in the bottom window. After 10 seconds of the sensor standstill this will go onto RestTime measurement (if Rest Time is turned on).
10. **SET 2** – Change Weight without resetting all the information. Press MODE button for 3 seconds. Change Load with UP and DOWN arrow buttons. Press Reset

11. The Display will show you last repetition (Power or Velocity etc. in top window, Percentage of Highest Power/Speed etc. in middle window and repetition in bottom window).
12. After 10 seconds the bottom window will revert to Rest Time (if Rest Time is turned on).
13. When you start 2nd set, it will immediately revert back to repetition. If there is no measured data, change the weight simply by using Up and Down button.
14. If Eccentric Average Velocity (ECS) is turned on, middle display shows average value of downward velocity, alternating with percentage value.

11. DELETING DATA

Press Reset. This calls up delete process for all the data. Upper display shows "rSt" and middle display shows "ALL". To delete all data, press Reset button, again.

To leave deleting process after the Reset button was pressed, press Up and Down button.

12. DELETING LAST REPETITION

Press the ON/OFF button. This calls up delete process for last repetition data. The Upper display shows "dEL." Lower Display shows "Rep". To delete last repetition, press ON/OFF again.

To leave deleting process after the ON/OFF button was pressed once, press Up and Down button.

13. MEMORY

If there are data in the microcomputer before turning off, the data will stay in the memory as long as RESET is not pressed. After the microcomputer is turned on again the upper display shows "nnn". This indicates that there are data to be recalled. Do this by pressing the up and down button. It is also possible to continue exercising without deleting this information. However, it will compare the previous Power or Speed data against your new workout.

14. BATTERY SAVER

The microcomputer has a built-in battery saver to prolong the battery life. After 2 minutes of microcomputer rest period, the battery saver is turned on (6 LED Mode lights flashing clockwise) and the microcomputer switches off the displays. The battery saver is turned off automatically by pulling the Sensor Unit cable, or pressing any button. If the rest time is turned on, lower display shows rest time. After 3 minutes of microcomputer inactivity, the battery saver will turn off the lower display as well.

Please read the FULL user's manual for more information.