

# xplova



## **E5** GPS Cycling Computer User's Manual



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Visit <http://tour.xplova.com/>

Platform Free Bicycle route planning web service

Manufactured by:

Xplova Inc.

[www.xplova.com](http://www.xplova.com)

5F-1A, No. 128, Xihu 2nd Road, Neihu District,  
Taipei City 11494, Taiwan (R.O.C.)

Tel: 886-2-77207928

Fax: 886-2-77207938

<http://www.xplova.com/en/support/>

Email: [sales@xplova.com](mailto:sales@xplova.com)

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# Getting Started

Congratulations on having purchased the Xplova E5 GPS Cycling Computer. In this chapter, you will discover key features and understand how to set up your device and use the basic features of the user interface.

## Features of the Xplova E5

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The Xplova E5 is a light-weight and stylish GPS Cycling Computer for performance driven cyclists and those who are keen to share their cycling journeys with friends. With Xplova Smart Dynamic Logging Technology, Xplova E5 automatically tracks speed, distance, location, elevation, slope using a high sensitivity GPS and barometer. By adding an ANT+ compatible Heart Rate Monitor, Speed/Cadence Combo Sensor or compatible Power Meter, Xplova E5 becomes a training companion which dutifully records every detail of your ride. All these recorded activities can be uploaded to <http://tour.xplova.com/> community portal for performance analysis, off-line competition, mapping and sharing.

### **Ease of Use**

- Large-screen display
- Built-in rechargeable battery
- Shows up to 7 cycling data simultaneously
- Intuitive data select buttons
- High precision GPS receiver
- View and record real-time cycling data
- Mark different riding paths with the lap function

### **GPS and multiple sensors**

- Low power digital wireless sensors support (ANT+)
- Barometric altimeter
- Monitor body conditions with warnings for time, distance, calories, and maximum heart rate

### **Xplova Smart Dynamic Logging Technology**

- Automatically tracks all cycling data
- No more Start/Stop key to record an activity

## Getting to Know the Xplova E5

### Xplova E5 Front View



#### 1 ■ LIGHT /

- Short press to change the backlight level (High/Low/Off).
- Long press to turn the power on/off.
- **Long press for over 5 seconds to reset the device.**

#### 2 LAP / RESET

- Short press to mark lap and position.
- Long press to reset, save records and start a new record.

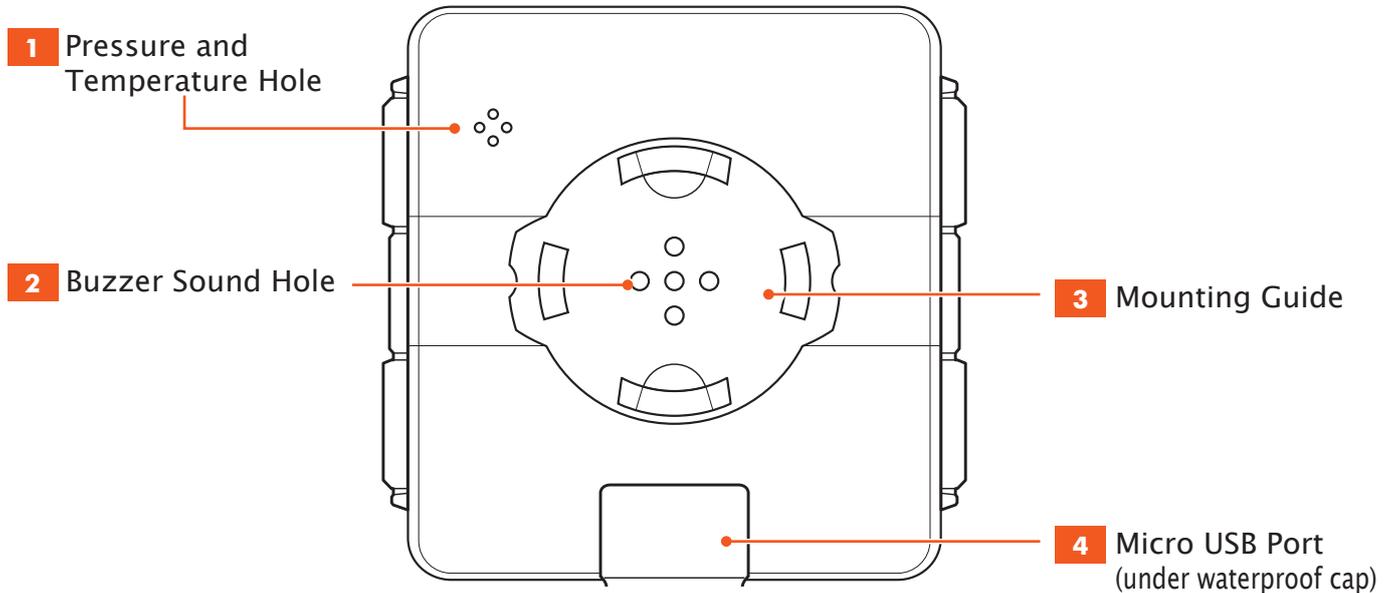
#### 3 ■ DATA1 / MENU ■

- Short press to switch the data displayed on the upper screen.
- Long press to enter or exit the menu.

#### 4 ■ DATA2 / BIKE

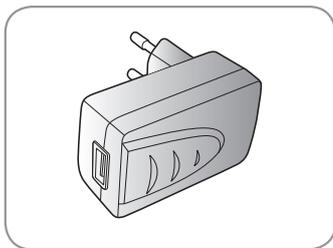
- Short press to switch the data displayed on the lower screen.
- Long press to select a bike profile.

## Xplova E5 Rear View

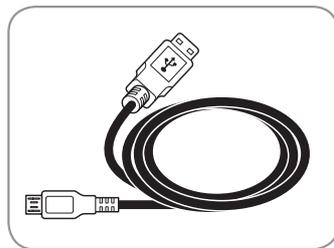


## Accessories

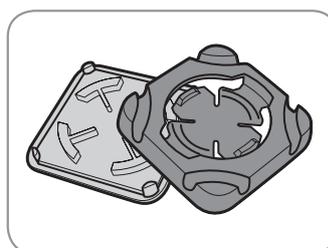
The Xplova E5 comes with the accessories shown below. Check to make sure all items are included in the package; if anything is missing, contact your Xplova retailer.



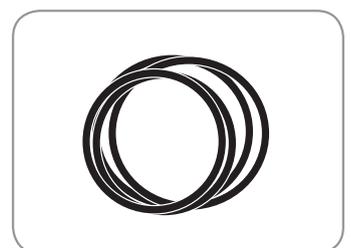
USB Power Adapter



USB Cable



Bike Mount with Mount Pad



Rubber Bands

## Optional Accessories

The Xplova E5 can be paired with optional accessories to provide a complete solution for cycling and outdoor activities. Follow the instructions on “Using the Accessories” on page 30 to pair and install the following devices:

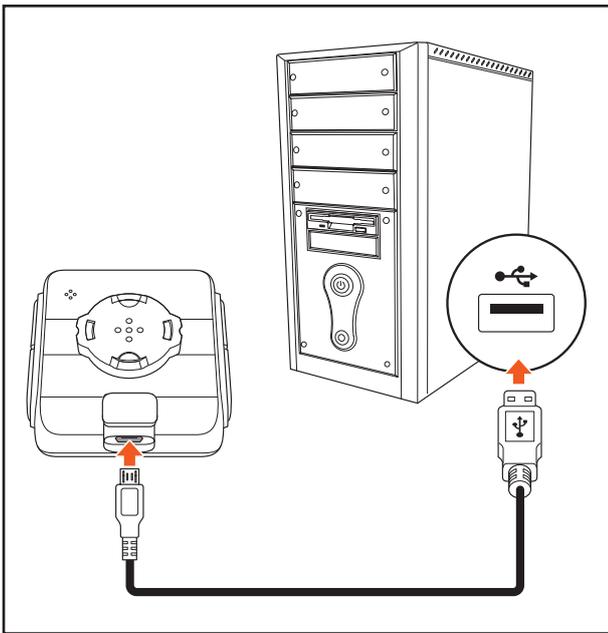
- Heart Rate Monitor (HRM)
- Speed / Cadence Combo Sensor
- Power Meter

## Charging the Xplova E5

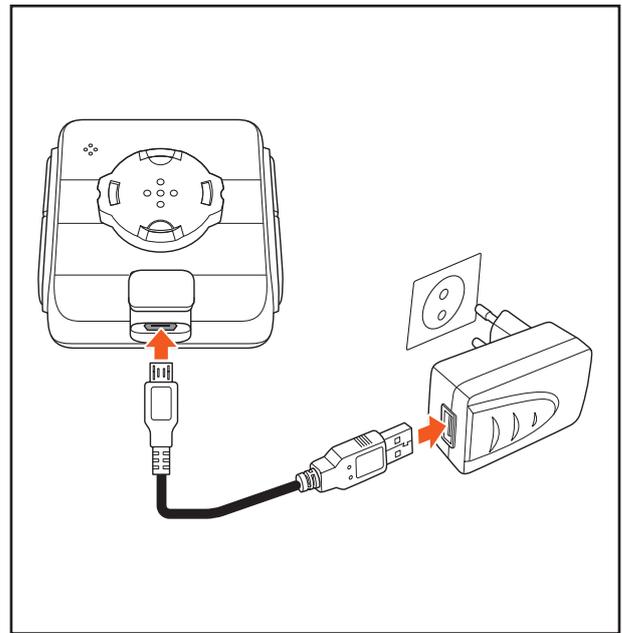
Before using your Xplova E5, make sure it is properly charged and ready to go. Charge the Xplova E5 for at least 3 hours before first use to make sure the built-in battery is fully charged. Xplova E5 can be charged using the supplied USB adapter or any standard USB port.

### To charge the Xplova E5:

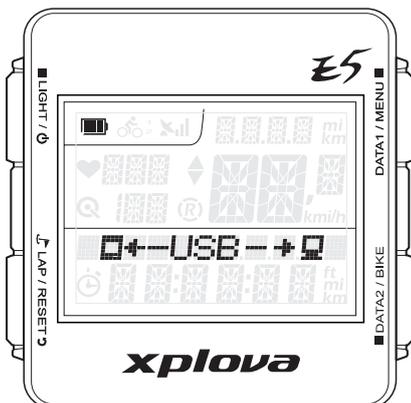
1. Open the waterproof cap on the base of the Xplova E5.
2. Plug the micro USB cable to the micro USB port of your Xplova E5.
3. Plug the other end of the USB cable to a computer or to the supplied power adapter and the power outlet.



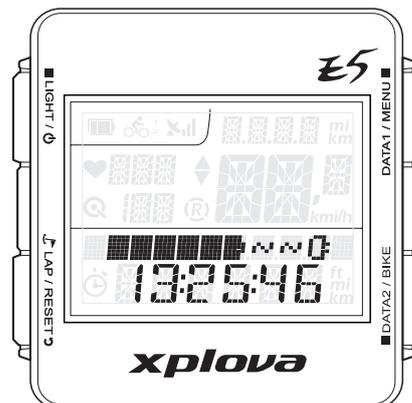
or



The following screens may be displayed when charging the Xplova E5.



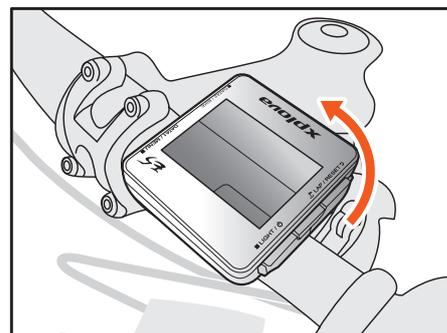
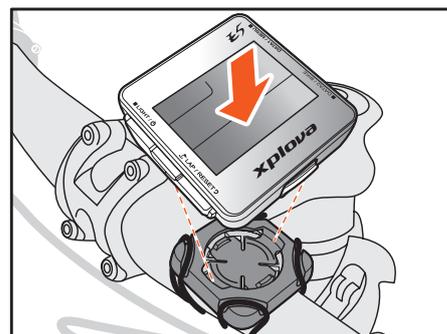
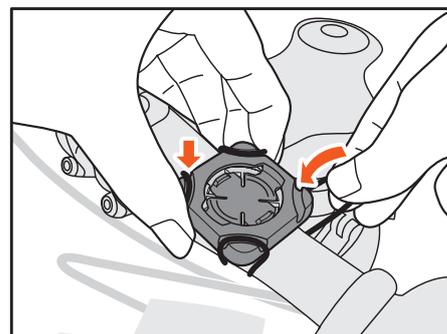
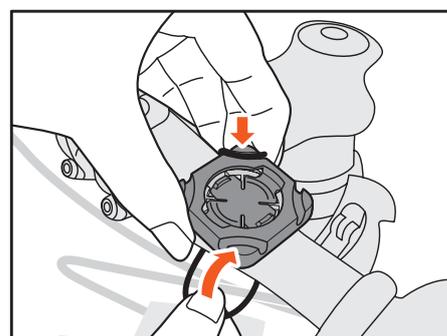
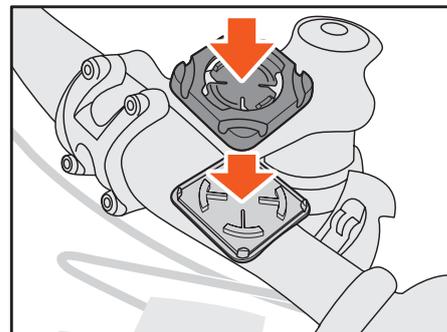
Connected to computer via USB cable



Device is off while charging with USB power adapter

## Mounting the Xplova E5

1. Align the mount pad to the bike handle bar and the bike mount to the mount pad.
2. Loop a rubber band from one corner of the bike mount, passing through the bottom side, to the other corner.
3. Loop a rubber band from another corner, passing through the bottom side, to the other corner to secure the bike mount in place.
4. Align the mounting guide to the bike mount.
5. Install and then turn the Xplova E5 clockwise to lock it in place.



## Connecting to Sensors

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If you plan to use the optional combo cadence sensor, heart rate monitor, and/or power meter, you will need to pair the devices with your Xplova E5 before using them. See “Using the Accessories” on page 30.

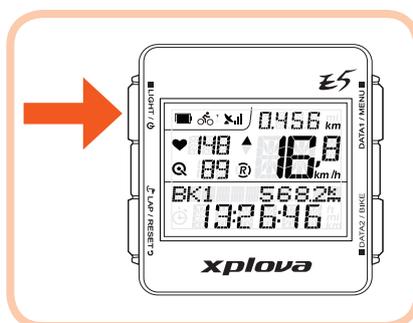
## Using Xplova E5

This chapter provides instructions on how to power up your device and use the button controls and full features and functions of your Xplova E5.

### Powering Up the Xplova E5

After charging the Xplova E5, you are now ready to begin using your device.

Long press ■ LIGHT / ⏻. The LCD screen briefly displays the device firmware version and serial number.



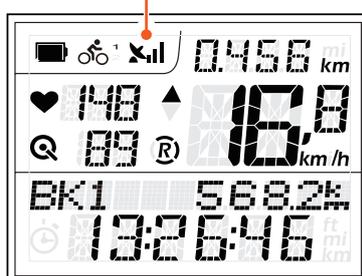
**NOTE:** The LCD screen may appear differently from the above illustration.

To turn the power off, long press ■ LIGHT / ⏻ until a POWER OFF message is displayed on screen.

### Acquiring GPS Signal

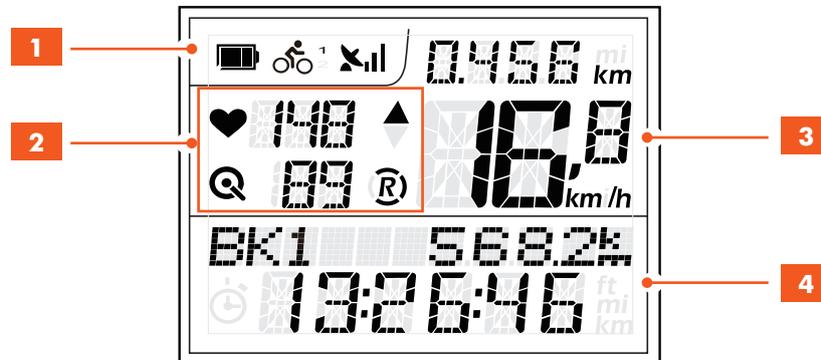
The Xplova E5 comes fully equipped with X-Navi technology designed to maximize your cycling experience. Once turned on, the Xplova E5 automatically searches for satellite signals. Go outside to an area free from tall obstructions. The greater the exposure, the faster the Xplova E5 will be able to acquire a signal. Signal acquisitions can take 5 to 15 minutes to complete under open skies. The GPS icon indicates the signal strength when GPS is fixed.

GPS icon



## The LCD Screen

The LCD screen displays different types of information.



Item		Description
<b>1</b>	<b>Status Bar</b>	Displays status icons.
	 Battery Status	Shows the battery capacity and charging status.
	 Bike Profile	Shows the current selected bike profile.
	 Signal Status	Shows the GPS signal strength.
<b>2</b>	<b>Indicators</b>	Displays the paired sensors and their values.
	 Heart Rate Monitor Status	When a heart rate monitor is paired, this icon and the heart rate value are displayed. The value “---” is shown when the heart rate monitor is not paired or is out of communication range.
	 Combo Cadence Status	When a combo cadence is paired, this icon and the cadence value are displayed. The value “---” is shown when the combo cadence is not paired or is out of communication range.
	 Recording Status	Indicates recording is in progress. A flashing “  ” icon indicates no recording in progress.
	 Speed Up	The  icon indicates the current speed is equal or greater than the average speed.
	 Speed Down	Indicates the current speed is smaller than the average speed.

	Item	Description
<b>3</b>	<b>Upper Data Display</b>	Displays speed, hear rate and cadence information.
	Current speed	Shows the current speed and heart rate/ cadence if heart rate / cadence setting is enabled.
	AVG (Average speed)	Shows the average speed and heart rate cadence if heart rate / cadence setting is enabled.
	MAX (Maximum speed)	Shows the maximum speed achieved and heart rate cadence if heart rate / cadence setting is enabled.
<b>4</b>	<b>Lower Data Display</b>	Displays the clock, altitude, slope, trip time, calories, temperature, and power information.

## Idle Mode

When no movement nor sensors are detected within a period of time, the Xplova E5 goes to idle mode to save power. In idle mode, only the battery icon and clock are displayed. Press any buttons to return to normal mode or when speed is detected. After being idle for 2 hours, the Xplova E5 automatically turns off.

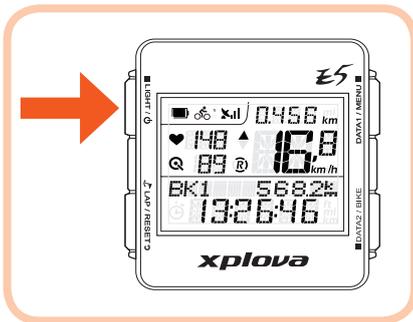


## Using the Button Controls

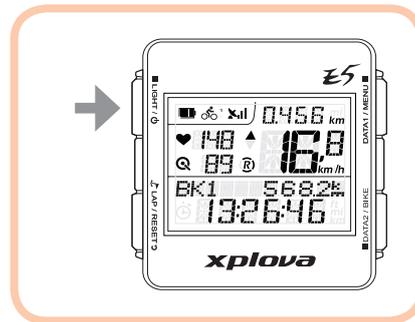
The Xplova E5 has four button controls that behave differently depending on the key press duration. The following images will be shown throughout this document to indicate the key press duration needed for a particular operation.

### Button Operation Description

Long Press

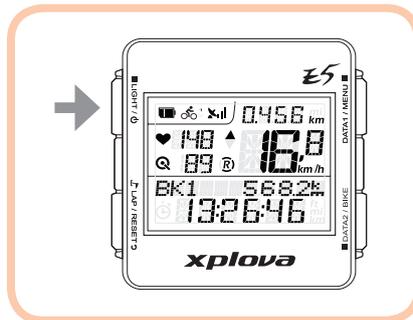


Short Press



## Adjusting the Backlight

To adjust the brightness setting, short press **LIGHT** / **⏻** repeatedly to scroll through the brightness options. Options are: HIGH, LOW, OFF.



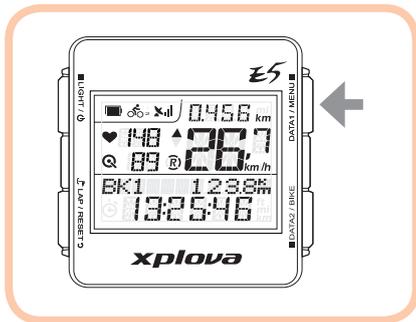
## Selecting Data Display

The LCD display shows different types of data.

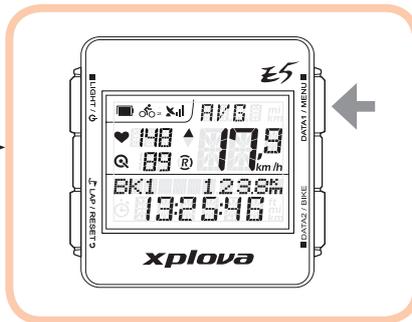
### Upper Screen Data (Data 1)

Short press DATA1 / MENU ■ repeatedly to toggle the upper data display.

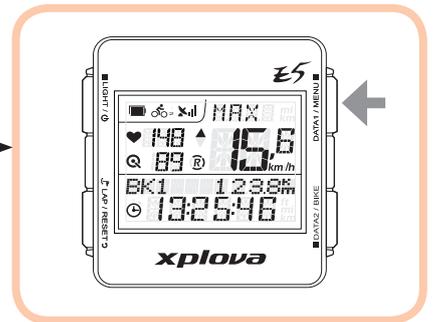
Current data



Average data



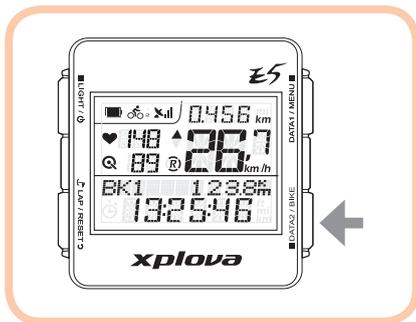
Maximum data



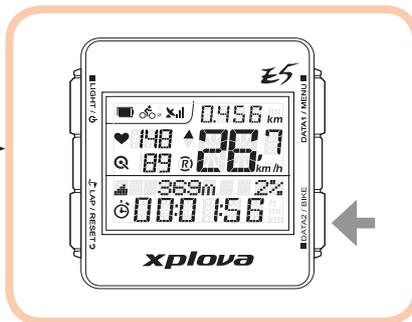
### Lower Screen Data (Data 2)

Short press ■ DATA2 / BIKE repeatedly to toggle the lower data display.

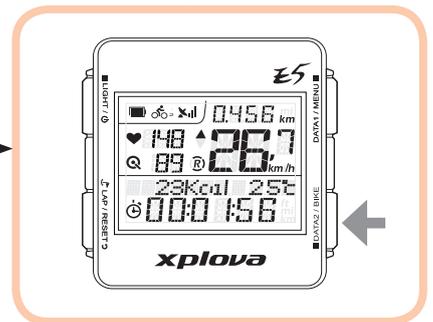
Bike ODO  
Clock



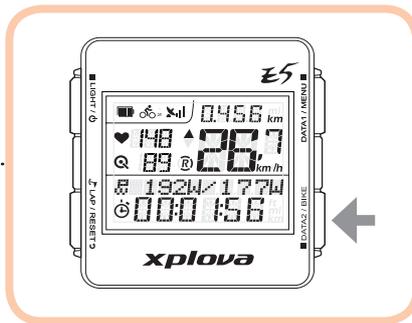
Altitude + Slope  
Trip Time



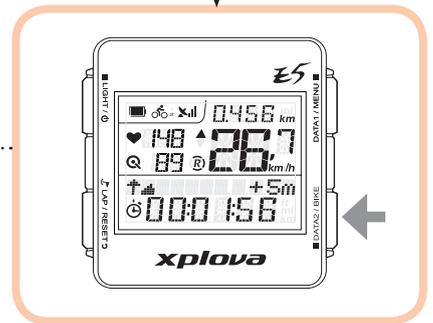
Calories + Temperature  
Trip Time



Power  
Trip Time



Total Climb  
Trip Time



## Creating Personal Profile

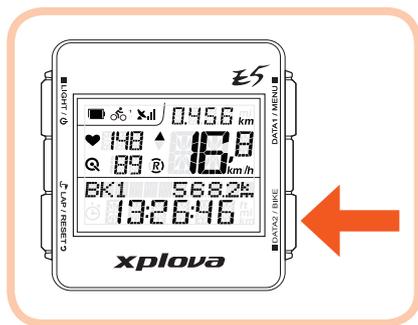
With the User Profile, you can edit information about yourself such as your gender, height, weight, and birth year. See “USER Menu” on page 27 for details.

## Selecting Bike Profile

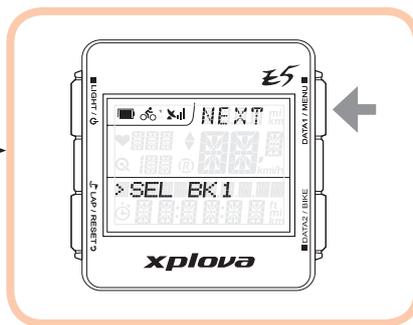
You can configure up to three bike profiles on Xplova E5: Bike1, Bike2, and Custom. For details, see “Bike Menu” on page 25.

**To switch between the bike profiles:**

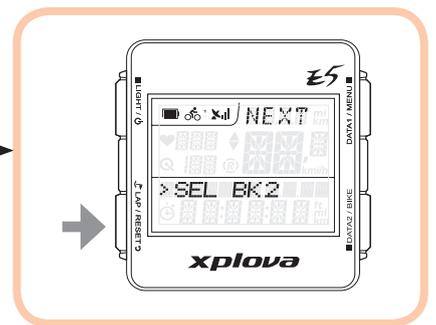
**1.** Enter Bike profile selection.



**2.** Scroll through bike profile options.

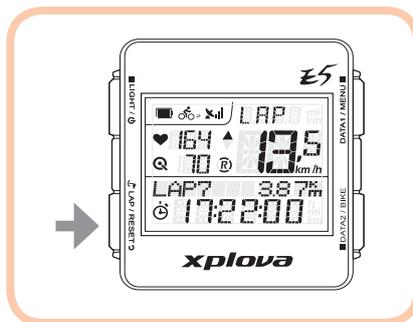


**3.** Confirm selection.



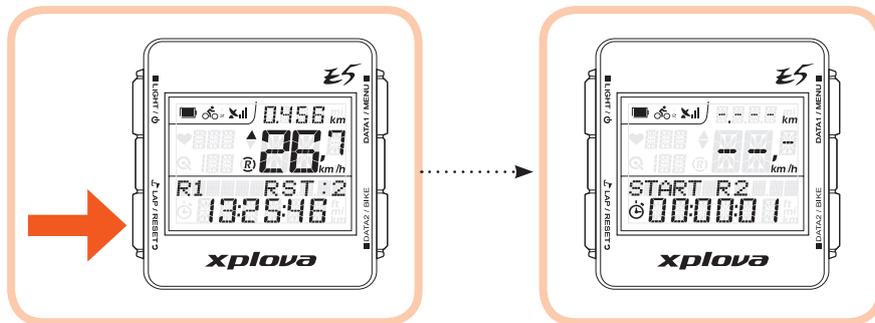
## Marking Lap / Location

During recording, press **LAP / RESET** to mark a new LAP or mark the current location to the current recording session.



## Resetting Recording

During recording, long press **LAP / RESET** to reset the recording and start a new recording.



# Changing the Settings

## Using the Menu

### The Menu Tree

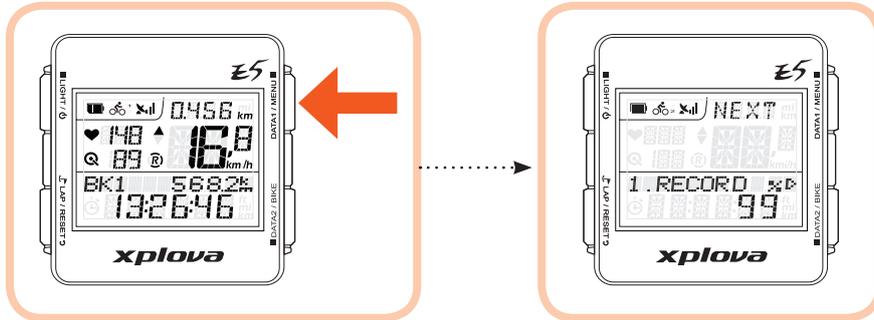
The Xplova E5 has a number of customizable settings available so you can control functionality and personalize your device.

Menu Item	Description
1. RECORD	Allows you to view your exercise records. You can view records according to record number, summary, or lap detail.
2. WARNING	Allows you to configure the Xplova E5 to notify you when you exceed a specified time, distance, calories burnt, or heart rate value.
3. GPS	Allows you to view GPS signals and reset the GPS receiver.
4. ALT (Altitude)	Allows you to configure up to four altitude settings.
5. SOUND	Allows you to enable or disable beep sound.
6. S-PAUSE (SMART PAUSE)	Allows you to specify the minimum speed limit by which the Xplova E5 will automatically pause when the device goes below that limit.
7. BIKE	Allows you to configure the wheel size and set the current bike to pair with speed, cadence and combo sensors or a power meter.
8. HRM (Heart Rate Monitor)	Allows you to pair your device with a heart rate monitor.
9. USER	Allows you to set your profile.
10. TIME	Allows you to configure the Xplova E5 clock.
11. UNIT	Allows you to set the default unit of measurement.
12. F-RESET (Factory Reset)	Allows you to reset the device to its factory default settings.

**NOTE:** Some settings can be changed via <http://tour.xplova.com/>.

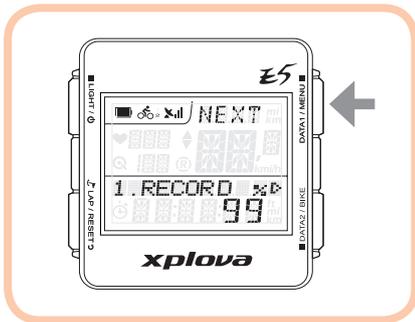
## Menu Button Controls Description

To bring up the menu, long press DATA1 / MENU ■.

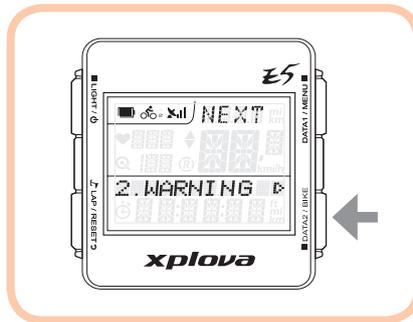


To adjust the menu settings, use the button operations below to select an item, confirm an option, and exit or return to a previous screen.

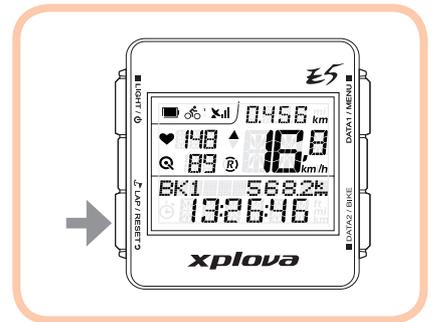
Scroll to Next Item



Select the Item



Return to Previous



**NOTE:** You can also long press DATA1 / MENU ■ to exit the menu and return to the main screen.

Depending on the current settings, the following screen terminologies may appear:



Indicates next menu available. Press to scroll to the next menu.



Indicates options are available. Press to scroll through other options.



Indicates numeric entry. Press to scroll to the next field.



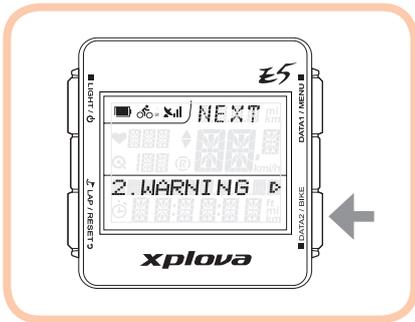
Indicates the current menu level.



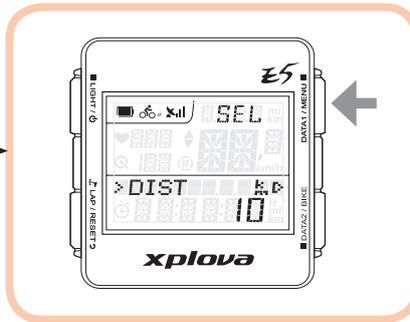
Press to enter the setting.

Below is an example of setting the distance in Warning menu.

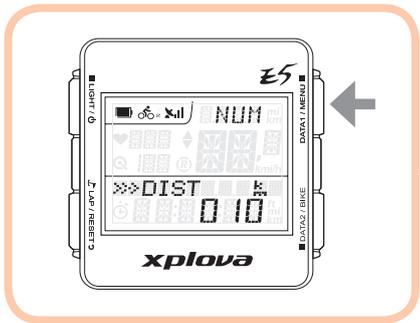
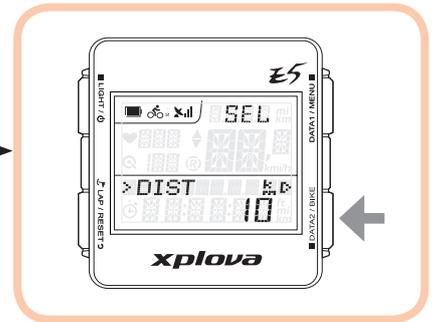
Enter the Menu



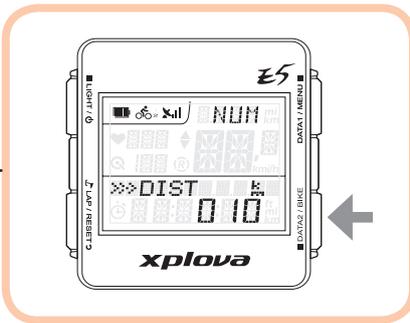
Select an Option



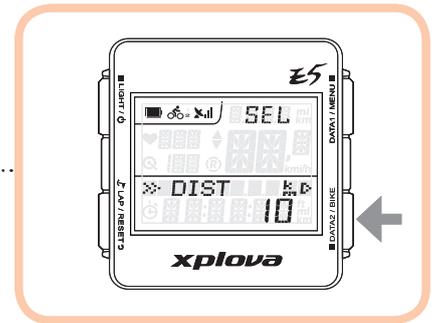
Confirm Option



Scroll to Next Field

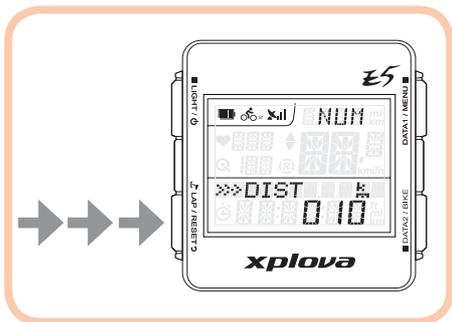


Adjust Value



Confirm to Change Value

**NOTE:** A blinking field is the current data field.



Exit screen

## RECORD Menu

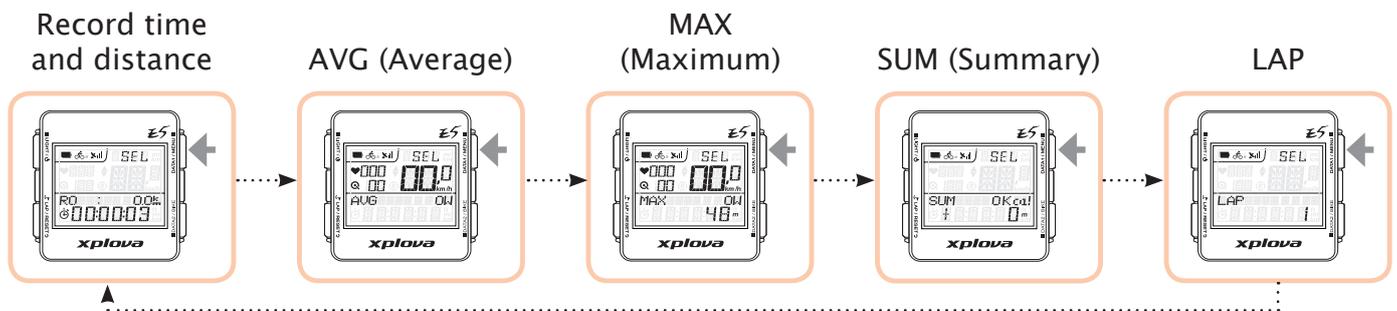
With the RECORD menu, you can view the record summary in an activity. When the remaining memory is less than 3%, the oldest record will be overwritten. The record time depends on the enabled sensors.

### To view the record summary:

1. Long press DATA1 / MENU ■ to bring up the menu.
2. Short press ■ DATA2 / BIKE to enter RECORD menu.
3. Short press DATA1 / MENU ■ repeatedly to select the date of the activity you want to view the information.
4. Short press ■ DATA2 / BIKE to confirm the selection.



5. Short press DATA1 / MENU ■ to select the record.
6. Short press ■ DATA2 / BIKE to confirm the selected record.
7. Short press DATA1 / MENU ■ repeatedly to scroll through the options that you want to view: AVG (Average), MAX (Maximum), SUM (Summary), and LAP. and view the activity information.



8. Short press ↶ LAP / RESET ↷ to return to the previous screen.

## WARNING Menu

With the WARNING menu, you can set up alerts to help you stay within predefined ranges during your bicycle riding. You can program the Xplova E5 to warn you when you exceed set durations or distances, calories, or heart rate.

### To set up warnings:

1. Long press DATA1 / MENU ■ to bring up the menu.
2. Short press DATA1 / MENU ■ repeatedly to select WARNING.
3. Short press ■ DATA2 / BIKE to enter the WARNING menu.
4. Short press DATA1 / MENU ■ repeatedly to select the warning type. Options are:
  - TIME: Set a duration after which the alarm will sound and display a warning message.
  - DIST: Set a distance after which the alarm will sound and display a warning message.
  - CAL: Set a calorie value where after the value is reached the alarm will sound and display a warning message.
  - MAXHR: Set the maximum heart rate beyond which the alarm will sound and display a warning message.
5. Short press ■ DATA2 / BIKE to enter the submenu.
6. Short press DATA1 / MENU ■ repeatedly to scroll through the options
7. Short press ■ DATA2 / BIKE to confirm the selection.
8. Short press DATA1 / MENU ■ repeatedly to select an option:
  - (Value): Select to activate the function and set the limit.
  - OFF: To deactivate the function.
9. Short press DATA1 / MENU ■. If you select (value), short press ■ DATA2 / BIKE repeatedly to adjust the value. To move to another field digit, press DATA1 / MENU ■.
10. Short press ↵ LAP / RESET ↵ to confirm the value and return to the previous screen.



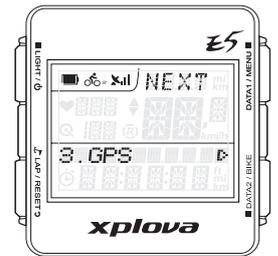
## GPS Menu

The GPS menu allows you to view the GPS signal strength and reset the GPS receiver.

**NOTE:** If the Xplova E5 cannot fix your current position, it is recommended to reset the GPS receiver.

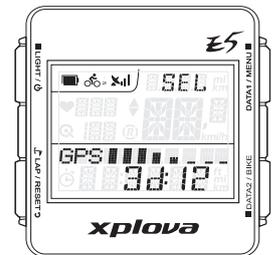
### To view the GPS signal strength:

1. Long press DATA1 / MENU ■ to bring up the menu.
2. Short press DATA1 / MENU ■ repeatedly to scroll to GPS.
3. Short press ■ DATA2 / BIKE to enter the GPS menu. The GPS signal strength is shown on the LCD screen.
4. Short press ↶ LAP / RESET ↷ to return to the previous screen.



### To reset the GPS receiver:

1. Long press DATA1 / MENU ■ to bring up the menu.
2. Short press DATA1 / MENU ■ repeatedly to scroll to GPS.
3. Short press ■ DATA2 / BIKE to enter the GPS menu.
4. Short press DATA1 / MENU ■ to select RESET GPS.
5. Short press ■ DATA2 / BIKE. A YES-NO selection appears.
6. Short press ↶ LAP / RESET ↷ to reset or ■ DATA2 / BIKE to cancel.

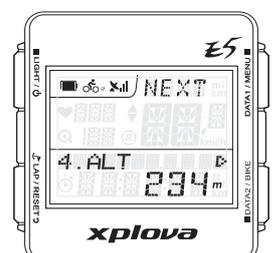


## ALT (Altitude) Menu

The Xplova E5 measures the altitude using a high-resolution barometric altimeter. The Altitude menu allows you to calibrate the altimeter to ensure accuracy. The altimeter is highly sensitive to changes in air pressure and may be affected by changing weather conditions. It is recommended to periodically calibrate the altimeter.

### To calibrate the altimeter:

1. Long press DATA1 / MENU ■ to bring up the menu.
2. Short press DATA1 / MENU ■ repeatedly to scroll to ALT.



3. Short press **■** DATA2 / BIKE to enter the ALT menu.
4. Short press DATA1 / MENU **■** repeatedly to scroll through the four altitude reference points:
  - ALT: To set the current altitude.
  - HOME: To set the altitude as HOME.
  - ALT1 / ALT2: To set the altitude as ALT1 or ALT2.
  - ALT-GPS: To set the current altitude according to the altitude value received from the GPS. Only works when GPS is fixed.
5. Short press **■** DATA2 / BIKE to select the reference point.
6. To manually set the altitude, short press **■** DATA2 / BIKE repeatedly to adjust the value. To move to another field digit, press DATA1 / MENU **■**.
7. Short press **↵** LAP / RESET **↵** to confirm the value and return to the previous screen.

## SOUND Menu

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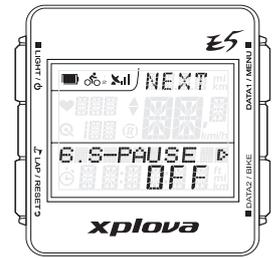
The Xplova E5 emits beep sounds when buttons are pressed or to indicate warnings, reminders, etc. The Sound menu allows you to enable or disable sounds on your device.

1. Long press DATA1 / MENU **■** to bring up the menu.
2. Short press DATA1 / MENU **■** repeatedly to scroll to SOUND.
3. Short press **■** DATA2 / BIKE to enter the SOUND menu.
4. Short press DATA1 / MENU **■** to select ON or OFF.
5. Short press **↵** LAP / RESET **↵** confirm the selection and return to the previous screen.



## S-PAUSE (Smart Pause) Menu

The S-PAUSE menu allows you set the minimum speed limit. By which when the current speed is under the specified speed, the device will automatically pause.



1. Long press DATA1 / MENU ■ to bring up the menu.
2. Short press DATA1 / MENU ■ repeatedly to scroll to S-PAUSE.
3. Short press ■ DATA2 / BIKE to enter the S-PAUSE menu.
4. Short press DATA1 / MENU ■ repeatedly to select an option:
  - S-PAUSE value: Select to activate and set the speed limit.
  - OFF: To deactivate S-PAUSE.
5. If you select S-PAUSE (value), short press DATA1 / MENU ■ to specify a speed limit. Short press ■ DATA2 / BIKE repeatedly to adjust the value. To move to another field digit, press DATA1 / MENU ■.
6. Short press ↵ LAP / RESET ↻ to confirm the value and return to the previous screen.

## Bike Menu

The BIKE menu allows you to configure the bike wheel size and set the current bike to pair with a combo cadence or a power meter sensor.

### To set the Wheel Size:

1. Long press DATA1 / MENU ■ to bring up the menu.
2. Short press DATA1 / MENU ■ repeatedly to scroll to BIKE.
3. Short press ■ DATA2 / BIKE to enter the BIKE menu.
4. Short press ■ DATA2 / BIKE to enter the WHEEL submenu.
5. Short press ■ DATA2 / BIKE repeatedly to adjust the value. To move to another field digit, press DATA1 / MENU ■.
6. Short press ↵ LAP / RESET ↻ to confirm the value and return to the previous screen.



**To pair a Combo (Speed/Cadence) Cadence Sensor:**

1. Long press DATA1 / MENU ■ to bring up the menu.
2. Short press DATA1 / MENU ■ repeatedly to scroll to BIKE.
3. Short press ■ DATA2 / BIKE to enter the BIKE menu.
4. Short press DATA1 / MENU ■ repeatedly to scroll to CMB.
5. Short press ■ DATA2 / BIKE to enter the CMB submenu.
6. Short press DATA1 / MENU ■ to select ON or OFF. If you select ON, your device automatically scans for the combo sensors.
7. Short press ↵ LAP / RESET ↻ to confirm the selection and return to the previous screen.

**To pair a Power Sensor:**

1. Long press DATA1 / MENU ■ to bring up the menu.
2. Short press DATA1 / MENU ■ repeatedly to scroll to BIKE.
3. Short press ■ DATA2 / BIKE to enter the BIKE menu.
4. Short press DATA1 / MENU ■ repeatedly to scroll to PWR.
5. Short press ■ DATA2 / BIKE to enter the PWR submenu.
6. Short press DATA1 / MENU ■ repeatedly to scroll through the options:
  - OFF: Unpair the power meter with your device.
  - ON: Pair the power meter with your device.
  - CALI: Calibrate the power sensor.
7. If you select ON or CALI, short press ■ DATA2 / BIKE to scan or calibrate the power sensor.
8. Otherwise, short press ↵ LAP / RESET ↻ to confirm the selection and return to the previous screen.

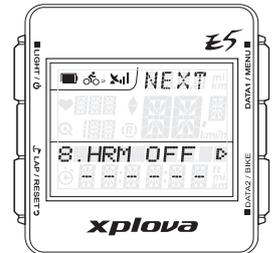
## HRM (Heart Rate Monitor) Menu

---

The HRM menu allows you to monitor your exercise and body condition.

### To pair the Heart Rate Monitor:

1. Long press DATA1 / MENU ■ to bring up the menu.
2. Short press DATA1 / MENU ■ repeatedly to scroll to HRM.
3. Short press ■ DATA2 / BIKE to enter the HRM menu.
4. Short press DATA1 / MENU ■ to select ON or OFF.
5. Short press ■ DATA2 / BIKE to confirm the selection. If you select ON, the Xplova E5 will automatically scan and pair with the HRM.
6. Short press ↵ LAP / RESET ↻ to return to the previous screen.

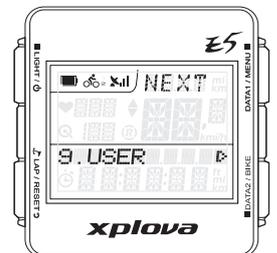


## USER Menu

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The USER menu allows you to edit information about yourself.

1. Long press DATA1 / MENU ■ to bring up the menu.
2. Short press DATA1 / MENU ■ repeatedly to scroll to USER.
3. Short press ■ DATA2 / BIKE to enter the USER menu.
4. Short press DATA1 / MENU ■ repeatedly to scroll through the options: SEX, BIRTH YR (Birth Year), WEIGHT, and HEIGHT.
5. Short press ■ DATA2 / BIKE to enter the submenu.
6. If you select SEX, short press DATA1 / MENU ■ repeatedly to select MALE or FEMALE. Then short press ↵ LAP / RESET ↻ to return to the previous screen.
7. If you select BIRTH YR, WEIGHT, or HEIGHT, short press ■ DATA2 / BIKE repeatedly to adjust the value. To move to another field digit, short press DATA1 / MENU ■.
8. Short press ↵ LAP / RESET ↻ to confirm the value and return to the previous screen.



## TIME Menu

The TIME menu allows you to configure your device according to the time zone in your location and set up Daylight Saving Time (DST) if applicable.

### To set time by Time Zone:

1. Long press DATA1 / MENU ■ to bring up the menu.
2. Short press DATA1 / MENU ■ repeatedly to scroll to TIME.
3. Short press ■ DATA2 / BIKE to enter the TIME menu.
4. Short press ■ DATA2 / BIKE to enter the TIME ZONE submenu.
5. Short press DATA1 / MENU ■ repeatedly to adjust the time zone value.
6. Short press ↵ LAP / RESET ↻ to confirm the value and return to the previous screen.



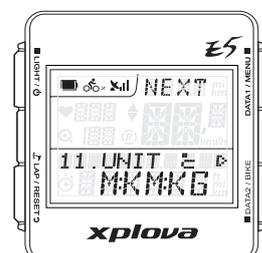
### To activate Daylight Saving Time:

1. Long press DATA1 / MENU ■ to bring up the menu.
2. Short press DATA1 / MENU ■ repeatedly to scroll to TIME.
3. Short press ■ DATA2 / BIKE to enter the TIME menu.
4. Short press DATA1 / MENU ■ to select DST.
5. Short press ■ DATA2 / BIKE to enter the DST submenu.
6. Short press DATA1 / MENU ■ to select ON or OFF.
7. Short press ↵ LAP / RESET ↻ to confirm the selection and return to the previous screen.

## UNIT Menu

The UNIT menu allows you to select the default unit of measurement to use when displaying and calculating your exercises.

1. Long press DATA1 / MENU ■ to bring up the menu.
2. Short press DATA1 / MENU ■ repeatedly to scroll to UNIT.
3. Short press ■ DATA2 / BIKE to enter the UNIT menu.



4. Short press DATA1 / MENU ■ to select M:KM:KG °C (Metric) or FT:MI:LB °F (English) system.
5. Short press ↵ LAP / RESET ↻ to confirm the selection and return to the previous screen.

## F-RESET (Factory Reset) Menu

---

The F-RESET menu allows you to reset your device to its factory default settings.

1. Long press DATA1 / MENU ■ to bring up the menu.
2. Short press DATA1 / MENU ■ repeatedly to scroll to F-RESET.
3. Short press ■ DATA2 / BIKE. A CLEAR YES-NO message appears.
4. Short press ↵ LAP / RESET ↻ to select YES or ■ DATA2 / BIKE to select NO.



# Using the Accessories

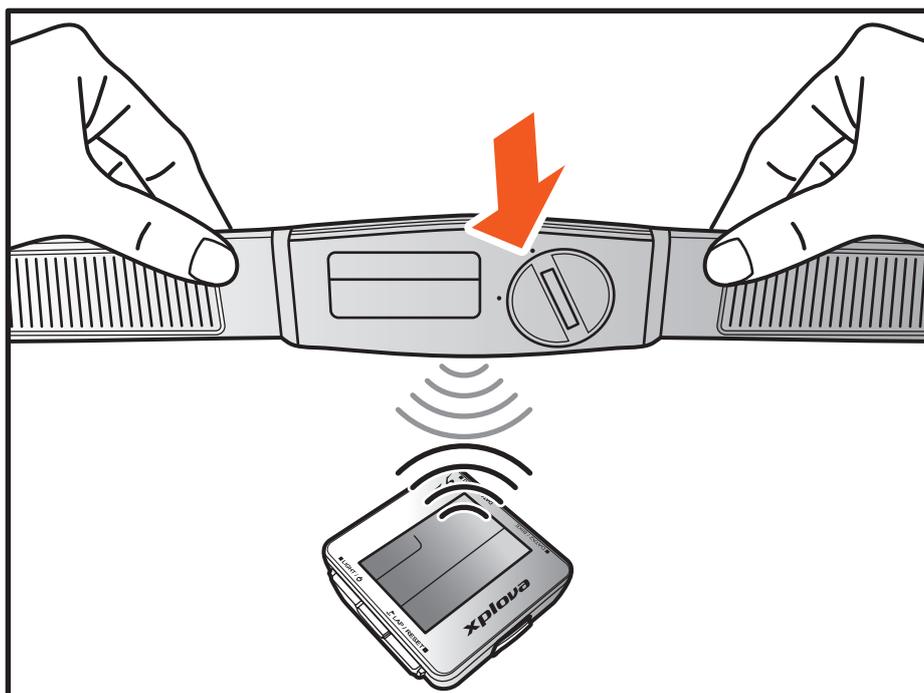
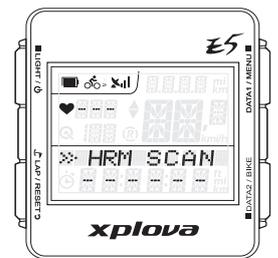
## Heart Rate Monitor (Optional)

The Heart Rate Monitor (HRM) is attached to an elastic band worn around the chest. This section describes how to pair and wear the heart rate monitor.

### Pairing the Heart Rate Monitor

Pairing connects the Heart Rate Monitor to your Xplova E5, allowing heart rate to be recorded and displayed on screen.

1. Long press DATA1 / MENU ■ to bring up the menu.
2. Short press DATA1 / MENU ■ repeatedly to scroll to HRM.
3. Short press ■ DATA2 / BIKE to enter the HRM menu.
4. Short press DATA1 / MENU ■ to select ON.
5. Short press ■ DATA2 / BIKE to start pairing. The Xplova E5 will scan and pair with the HRM.
6. Rub the ribbed inside the edge of the HRM while holding it near the Xplova E5.



A popup on the Xplova E5 indicates when the HRM is paired.

## Wearing the Heart Rate Monitor

After pairing, wear the heart rate monitor around your chest as close as possible to the heart with the monitor segment worn in the middle of the chest.

1. Unbuckle the strap.
2. Wrap the strap around your chest and re-buckle it.
3. Adjust the circumference of the band to fit.

## Changing the Heart Rate Monitor Battery

1. Using a coin, turn the battery cover on the back of the sensor counter-clockwise until it opens.
2. Remove the old battery and replace with a new one.
3. Replace the battery cover and tighten with a coin.

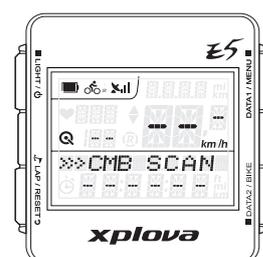
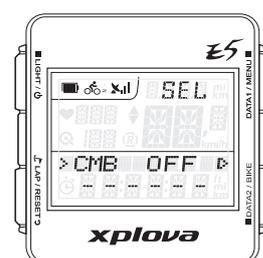
## Combo Cadence Sensor (optional)

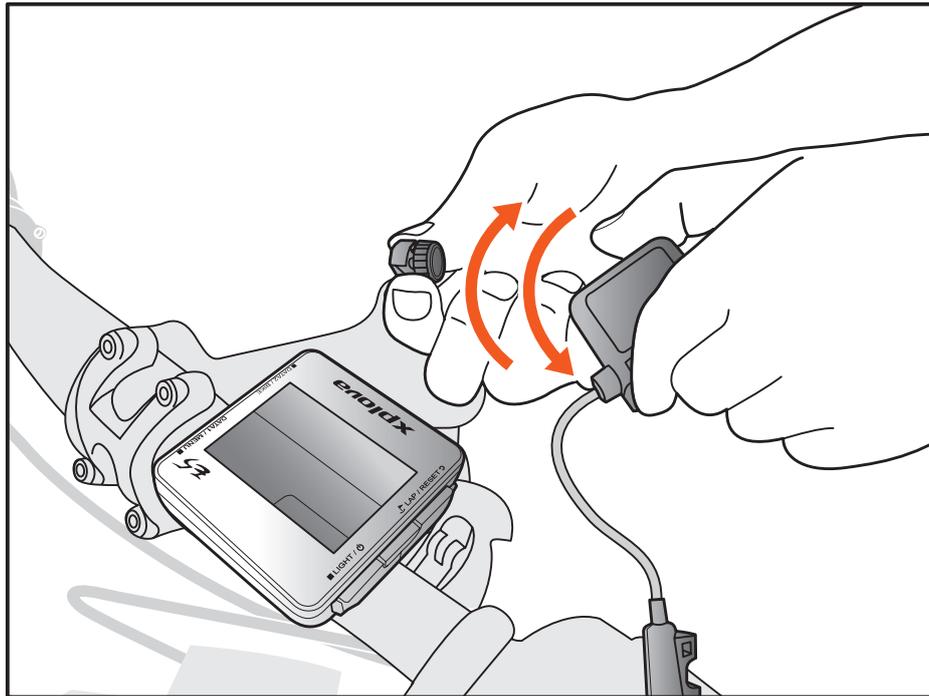
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The combo cadence (includes the cadence sensor and a speed sensor) attaches to the chain stay of your bike to help you track your speed and cadence accurately.

### Pairing the Combo Cadence Sensor

1. Long press DATA1 / MENU ■ to bring up the menu.
2. Short press DATA1 / MENU ■ repeatedly to scroll to BIKE.
3. Short press ■ DATA2 / BIKE to enter the BIKE menu.
4. Short press DATA1 / MENU ■ repeatedly to scroll to CMB.
5. Short press ■ DATA2 / BIKE to enter the CMB submenu.
6. Short press DATA1 / MENU ■ to select ON.
7. Short press ■ DATA2 / BIKE to start pairing. The Xplova E5 will scan and pair with your combo cadence.
8. Swipe one of the magnet about 1 / 2 cm from the speed sensor while holding the sensor near the Xplova E5.

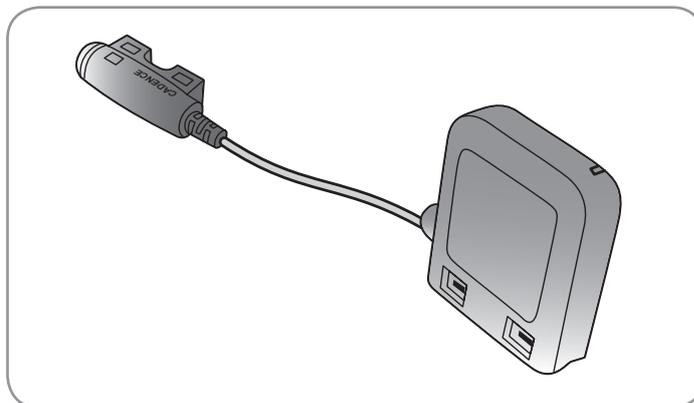




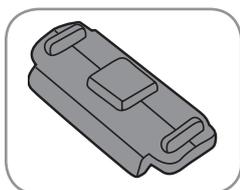
A popup indicates when the combo cadence is paired.

## Combo Cadence Sensor Parts

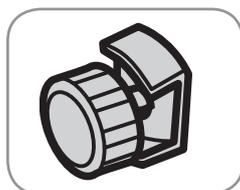
Before installing the sensor, make sure you have the following components:



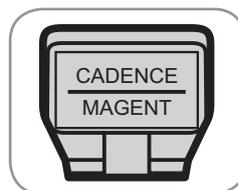
Combo Cadence Sensor



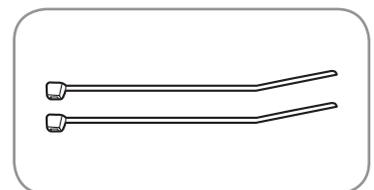
Rubber base



Speed Magnet



Cadence Magnet

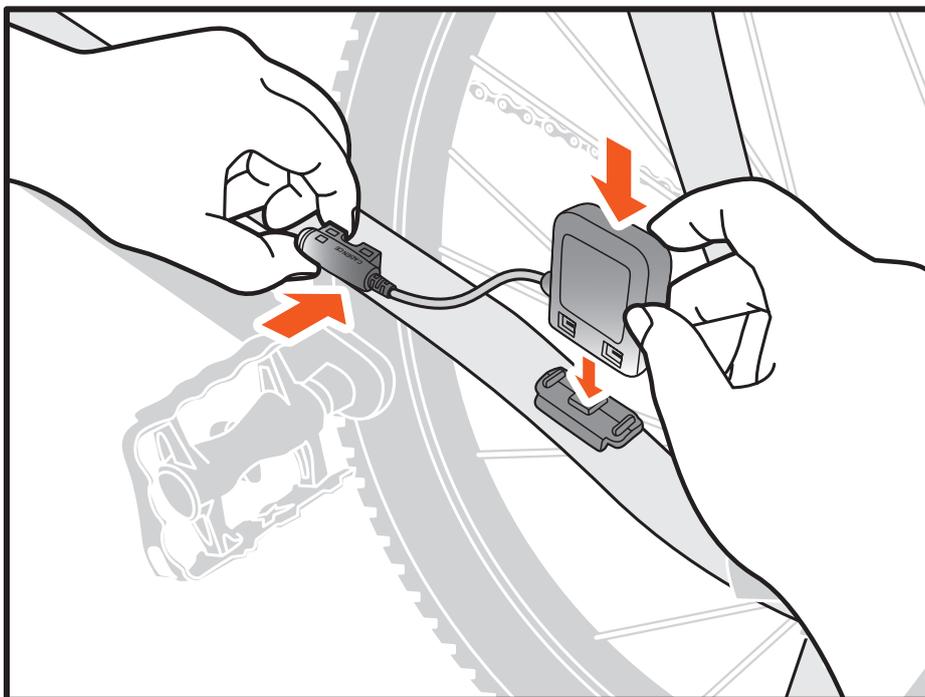


Cable Ties

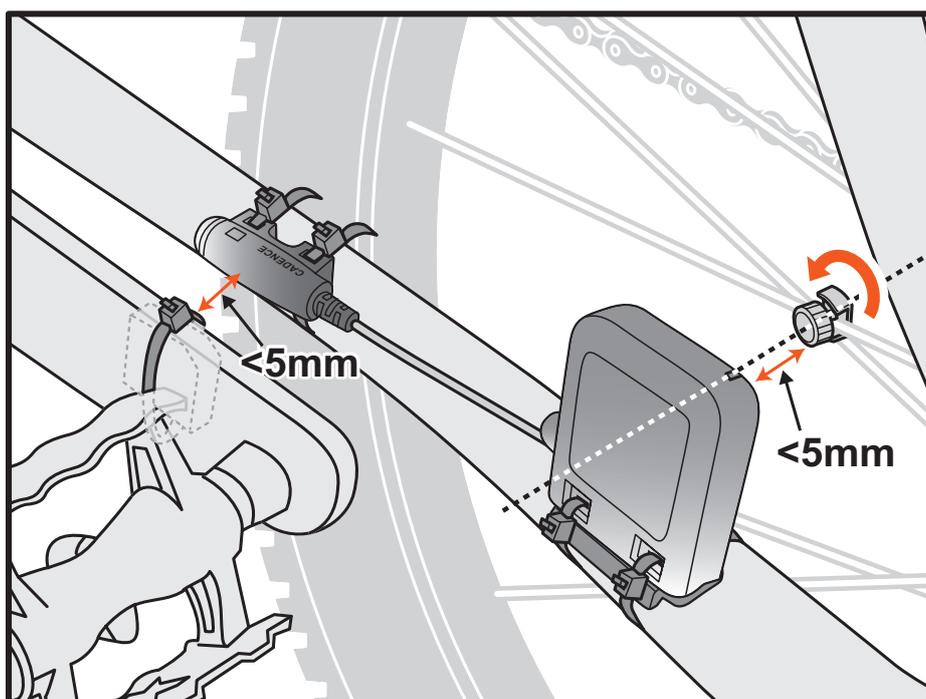
## Installing the Combo Cadence Sensor

After pairing the combo cadence sensor, install the sensor on your bike.

1. Position the sensor on the chain stay of your bike.

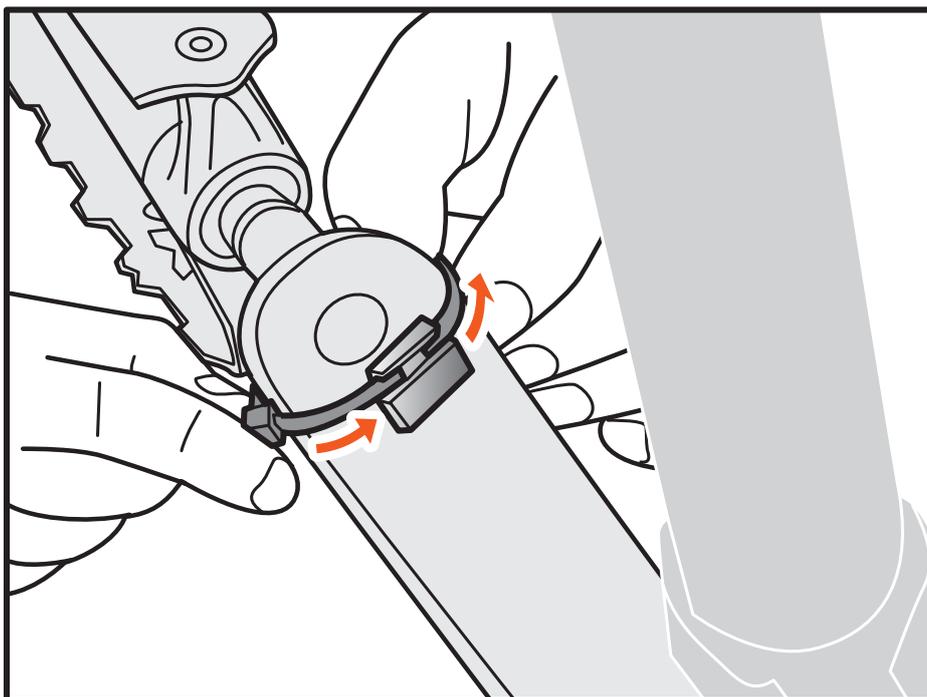


2. Use the supplied cable ties to hold the sensor in place. Do not fully tighten.
3. Attach the magnet to a spoke. Do not fully tighten.



**NOTE:** To ensure optimum performance, pay attention to the alignment point and make sure that the distance between the sensor and the magnet are within 5mm.

4. Attach the magnet to the left crank. Do not fully tighten.



5. Adjust the magnets and the sensors, making sure the air gap between sensor markings and magnets is less than 5 mm.
6. When setup is complete, tighten the cable ties.

## Changing the Combo Cadence Battery

1. Using a coin, turn the battery cover on the back of the sensor counter-clockwise until it opens.
2. Remove the old battery and replace with a new one.
3. Replace the battery cover and tighten with a coin.

## Power Meter (optional)

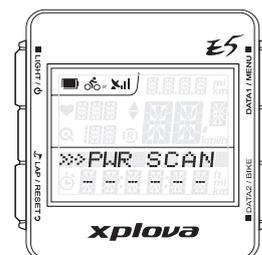
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The following power meter devices are compatible to your Xplova E5: SRM, Quarq, Power2Max.

**NOTE:** For the most updated compatible ANT+ power meter information, visit [www.xplova.com](http://www.xplova.com).

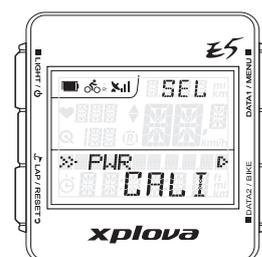
## Pairing with the Power Meter

1. Rotate your bicycle crank to turn on the power meter.
2. Paired the power meter with your Xplova E5 (see “To pair a Power Sensor:” on page 26).
3. Long press DATA1 / MENU ■ to bring up the menu.
4. Short press DATA1 / MENU ■ repeatedly to scroll to BIKE.
5. Short press ■ DATA2 / BIKE to enter the BIKE menu.
6. Short press DATA1 / MENU ■ repeatedly to scroll to PWR.
7. Short press ■ DATA2 / BIKE to enter the PWR submenu.
8. Short press DATA1 / MENU ■ to select ON.
9. Short press ■ DATA2 / BIKE to start pairing. The Xplova E5 will scan and pair with your combo cadence.
10. When done, press ↵ LAP / RESET ➡ to return and exit the menu.



## Calibrating the Power Meter

1. Make sure the power meter is turned on and paired with your Xplova E5.
2. Long press DATA1 / MENU ■ to bring up the menu.
3. Short press DATA1 / MENU ■ repeatedly to scroll to BIKE.
4. Short press ■ DATA2 / BIKE to enter the BIKE menu.
5. Short press DATA1 / MENU ■ repeatedly to scroll to PWR.
6. Short press ■ DATA2 / BIKE to enter the PWR submenu.
7. Short press DATA1 / MENU ■ repeatedly to scroll to CALI.
8. Short press ■ DATA2 / BIKE to start the calibration. The Xplova E5 calibrates and displays the value on screen. If not calibration value is displayed, repeat the above steps to re-calibrate the power meter.
9. When done, press ↵ LAP / RESET ➡ to return and exit the menu.



# Using Web Applications

## Sharing Your Activities

With Xplova E5, you can upload, review, analyze, and share your activity records in the Xplova website. On your computer, visit <http://tour.xplova.com> to share your activities to other riders. You must create an account to upload your activities.



### What Can You Do?

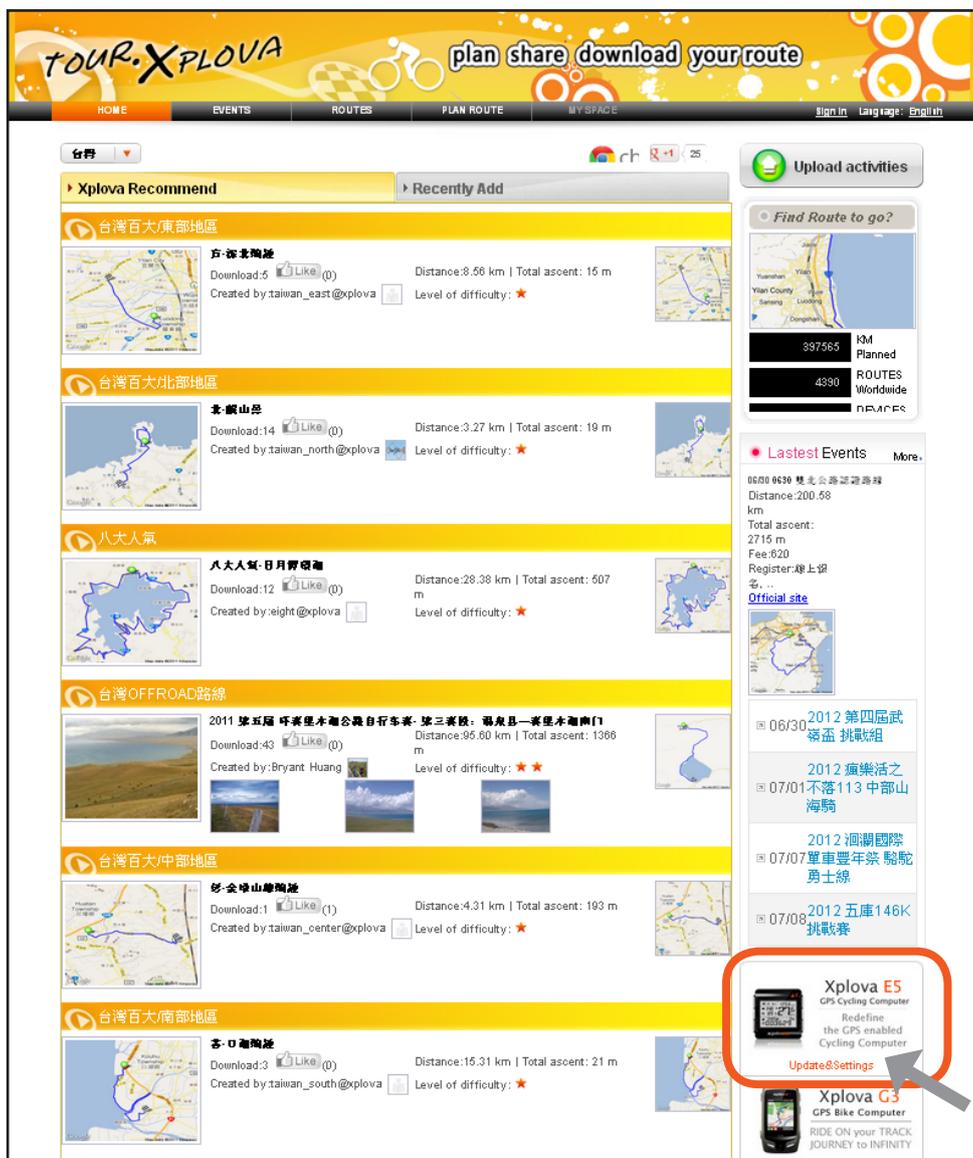
- Update your device software
- Change device settings
- Tag photos to activity records
- Upload activity records, view GPS track data on Map
- Share records via Facebook, Twitter, or web link
- Review the activity details by graphics and charts

## Updating the Xplova E5 Software

Xplova E5 software updates are available in the Xplova website <http://tour.xplova.com>. Download the latest software to your computer and follow the instructions below.

### Downloading the Software

1. Connect your Xplova E5 to your computer using the USB cable.
2. Visit <http://tour.xplova.com>.



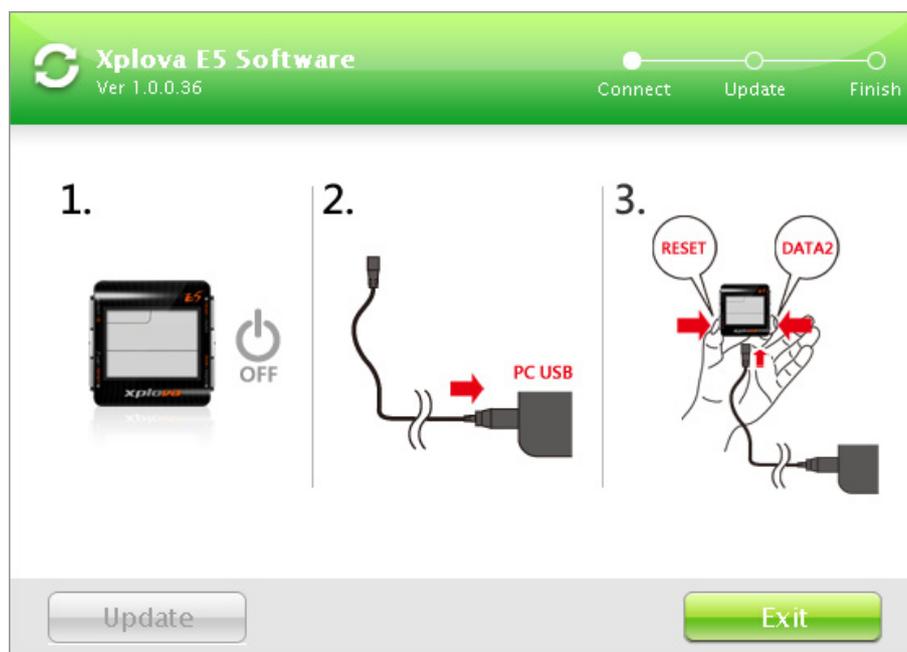
3. Click **Update & Settings**.
4. Allow Java script to always run.
5. Follow the on-screen instructions to download the software.

## Updating the Software

1. Turn off the Xplova E5.
2. On your computer, browse and double-click the update file XplovaE5SWUpdater.exe. The screen below appears.



3. Click **Run**. The screen below appears.



4. Connect one end of the supplied USB cable to the Xplova E5.
5. Press and hold **LAP / RESET** and **DATA2 / BIKE** and then connect the other end of the USB cable to the computer.
6. Wait for the Xplova E5 backlight to flash before releasing the **LAP / RESET** and **DATA2 / BIKE** buttons.

7. On your computer, the screen below appears. Click **Update**.



8. The update may take a while to finish. Do not disconnect the USB cable.



9. When the screen below appears, click **Exit** to close the screen.



10. Disconnect the USB cable from the Xplova E5 and the computer.

## Specifications

<b>Hardware</b>	
Size & Weight	55 (L) x 54 (W) x 19.6 (H) mm, 57 g
Display	38 x 28 mm (1.8 inch), Monochrome LCD and 3-level adjustable backlight
Battery Operation Time	Typical 14 hours
Sensors	Barometric altimeter, temperature sensor, Motion sensor, ANT+ Wireless
Main buttons	POWER/ Backlight, LAP/RESET, DATA1/MENU, DATA2/BIKE
GPS Receiver	High sensitivity -159dbm
Memory	110 hours data recording
Environment	IPX7 waterproof, anti-shock, operation temp. -10~50°C
Interface	Standard micro USB data connection
<b>Device Function</b>	
User and Bike Profiles	Support 1 user data and 3 bike profiles
Data Recording	Smart Dynamic Logging Technology
Cycling Data	Time, speed, distance, altitude, temperature, slope, heart rate, cadence, calories, lap, power, etc.
<b>Accessories</b>	
Standard	Bike mounts, USB power adapter, USB cable
Advanced	ANT+ combo cadence sensor
Optional	ANT+ heart rate monitor, ANT+ combo cadence sensor
Power Meter Compatibility	SRM, Quarq, Power2Max <b>NOTE:</b> For the most updated compatible ANT+ power meter information, please check <a href="http://www.xplova.com">www.xplova.com</a> .

## Wheel Size Table

ETRTO	Tire Size	L (mm)	ETRTO	Tire Size	L (mm)
	12 x 1.75	935	40-559	26 x 1.50	2010
	14 x 1.50	1020	47-559	26 x 1.75	2023
	14 x 1.75	1055	50-559	26 x 1.95	2050
	16 x 1.50	1185	54-559	26 x 2.00	2055
47-305	16 x 1.75	1195		26 x 2.10	2068
	18 x 1.50	1340	57-559	26 x 2.125	2070
	18 x 1.75	1350		26 x 2.35	2083
47-406	20 x 1.75	1515	57-559	26 x 3.00	2170
	20 x 1-3/8	1615		27 x 1	2145
	22 x 1-3/8	1770		27 x 1-1/8	2155
	22 x 1-1/2	1785	32-630	27 x 1-1/4	2161
	24 x 1	1753		27 x 1-3/8	2169
	24 x 3/4 Tubular	1785		650 x 35A	2090
	24 x 1-1/8	1795		650 x 38A	2125
	24 x 1-1/4	1905	18-622	650 x 38B	2105
47-507	24 x 1.75	1890		700 x 18C	2070
	24 x 2.00	1925		700 x 19C	2080
	24 x 2.125	1965	20-622	700 x 20C	2086
	26 x 7/8	1920	23-622	700 x 23C	2096
23-571	26 x 1(59)	1913	25-622	700 x 25C	2105
	26 x 1(65)	1952	28-622	700 x 28C	2136
	26 x 1.25	1953		700 x 30C	2170
	26 x 1-1/8	1970	32-622	700 x 32C	2155
37-590	26 x 1-3/8	2068		700C Tubular	2130
	26 x 1-1/2	2100	37-622	700 x 35C	2168
	26 x 1.40	2005		700 x 38C	2180
			40-522	700 x 40C	2200

**NOTE:** Actual physical size of wheel may be slightly different due to different tire brands, tire pressure, and tire erosion.

# Declarations of Conformity

## Federal Communication Commission Interference Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**FCC Caution:** To assure continued compliance, any changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate this equipment. (Example – use only shielded interface cables when connecting to computer or peripheral devices).

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THIS DEVICE COMPLIES WITH PART 15 OF THE FCC RULES. OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS:(1) THIS DEVICE MAY NOT CAUSE HARMFUL INTERFERENCE AND(2) THIS DEVICE MUST ACCEPT ANY INTERFERENCE RECEIVED, INCLUDING INTERFERENCE THAT MAY CAUSE UNDESIRE OPERATION.

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**Duales System Deutschland GmbH Participant****CE Declaration of Conformity (CENELEC Europe)****WEEE directive**

Disposal of Waste Electrical and Electronic Equipment by users in private households in the European Union.



This symbol on the product or on the packaging indicates that this can not be disposed of as household waste. You must dispose of your waste equipment by handing it over to the applicable take-back scheme for the recycling of electrical and electronic equipment. For more information about recycling of this equipment, please contact your city office, the shop where you purchased the equipment or your household waste disposal service. The recycling of materials will help to conserve natural resources and ensure that it is recycled in a manner that protects human health and environment.