Thank you for purchasing the Inclination Sensor from Lazer.

Lazer Inclination Sensor is a body posture monitor that allows you to track your aerodynamic cycling posture in real time. The monitor tracks your head position and gives you, while riding, a tactile or acoustic feedback when you are out of your optimal aerodynamic position.

The monitor is calibrated towards your optimal aerodynamic cycling position. To do so, you are encouraged to visit a wind tunnel. If you cannot visit a wind tunnel, a training centre may also have a good idea on how you should be positioned on a bicycle to have an optimal aerodynamic cycling posture.

The monitor aims at making you aware of your head position while riding.

1/ Overview parts & pieces

- Inclination Sensor
- Calibration button
- LEDs
- On/off button
- Inclination Sensor holder
- USB connector
- USB cable

2/ Location of the sensor on the helmet

The Inclination Sensor is located on the rear of a helmet, as you can see in the figure below.

3/ How to fix the sensor onto the helmet

During first use, you attach the Inclination Sensor holder on the predefined location of your helmet with the use of a snap if your helmet is Inclination Sensor compatible.

If your helmet is not yet Inclination Sensor compatible you may use a velcro with a double sided tape.
**4/ Installation**

**PC:**
Compatible for Windows Vista, Windows 7 and Windows 8
Requirements: USB port, Microsoft .NET 4.0

**MAC:**
Compatible for MAC OS X 10.10 (Yosemite) and higher
Requirements: USB port

1/ You connect your Inclination Sensor to a PC or MAC with a USB cable
2/ The monitor is recognized as a mass storage device/USB memory stick
3/ Go to www.lazersport.com/inclination_sensor#software and download the software (PC or Mac). You can put this file onto a computer hard drive location, for example your desktop
4/ You select the tab “personal settings”
   A/ Choose your helmet: Tardiz or Wasp Air
   B/ Choose the deviation (in degrees) after which a feedback is given as compared to your optimal posture
   C/ Choose the type of feedback that you prefer: auditory, tactile or both
   D/ Enable or disable the calibration button during the use of the sensor
5/ You select the tab “Calibrations”
   A/ You can save a calibration
   B/ You can load a calibration

**5/ Calibration**

1/ You go to a wind tunnel or training centre to calibrate the device
2/ You switch the device on with the on/off button (picture 1)
3/ You position yourself on your own bike in your most optimal aerodynamic position (picture 6B)
4/ You hold this position for at least five minutes, preferably while pedaling, to verify if this position is biomechanically desirable
5/ Your trainer presses the calibration button for 2-3 seconds (picture 1)
6/ You switch the device off, the setting is stored

**6/ And off you go**

The Inclination Sensor allows you to focus on your performance when you remain in your aerodynamic cycling posture.

**7/ Daily use**

1/ Use the device whenever you feel like training. Calibration for daily use is not required, a one-time calibration in the wind-tunnel or by your trainer or dealer should be good for two or three months if not longer
2/ Battery life-time is between six and eight hours if the device is continuously giving feedback
3/ Recharge battery using the USB cable using a standard USB connection on a PC or using a double isolated / SELV type charger
4/ Store the sensor in a dry room between 15°C and 25°C
5/ Do NOT use Inclination Sensor during rain or snow fall
6/ Do NOT use Inclination Sensor in mountains
7/ For cleaning it is advised to not use any aggressive chemical cleaning agents, simple moisture cloth is advised. Do not submerge the sensor for cleaning
8/ When your PC or MAC does not recognize the Inclination Sensor after 30 seconds, please unplug it and try again

**WARNING**
- This product contains a Li-ion or Li-ion polymer battery. There is a risk of fire or burns if the battery is handled improperly. Do not attempt to open or service the product.
- Do not disassemble, crush, puncture, short contacts or circuits, dispose of in fire or water, or expose battery / sensor to temperatures higher than 60°C (140°F).