TENDO Unit

YOUR INTELLIGENT WEIGHT TRAINING

QUICK START

CONTENT

Quick Start

1. Battery

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

Before the microcomputer is operated, it is necessary to **pull out a safety plastic strip 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's metal plate.

Attachement to a Rack

Attach the microcomputer to a rack via the magnet on the back of your microcomputer unit. Place the Unit on the rack, facing forward or sideways.
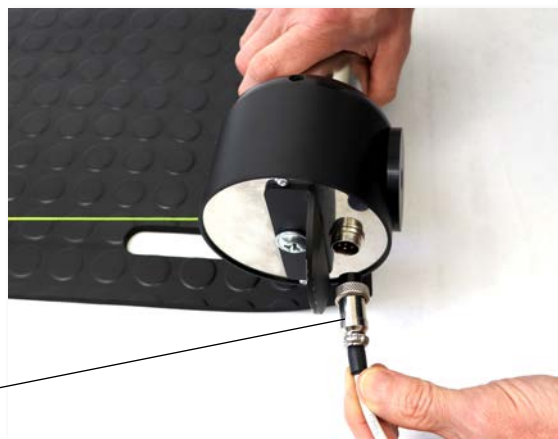
3. Data cable

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

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

5. Where to attach your Sensor Unit?

Fasten the cord of your sensor unit to a bar, dumbbell or top weight of a 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 examples below.
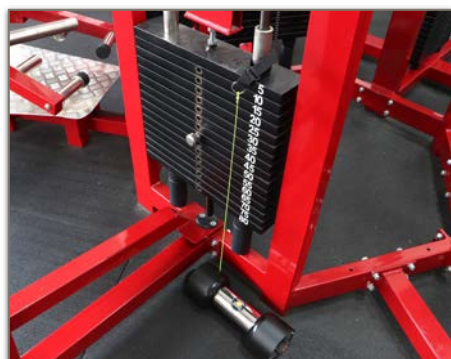

Outer end of bar

Grip section

Waist belt

Weight stack

Leg press machine

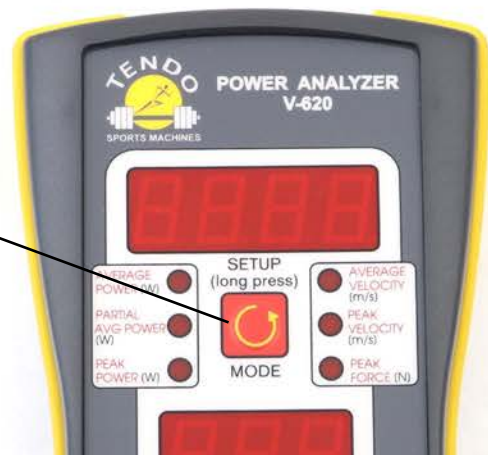**6. To turn the power on or off,** press the ON/OFF button for 3 seconds, until you hear a short beep.

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.

Identify parameters in the Setup Mode:

- **Load** (Weight) – microcomputer indicates on upper display „LoAd"

- **VBT** (Velocity Based Training Mode) - microcomputer indicates on upper display "Ubt" and middle display shows "ON" if the mode is turned on, or "OFF" if the mode is turned off

- **Filter** (minimum movement threshold) – 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"

- **Lbs** (ON/OFF) - microcomputer indicates on upper display "lb" if the input weight setting in pounds is turned on

Use the Up and Down button to change settings.

8. Exit the 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
VBT: OFF
Filter: 35 cm
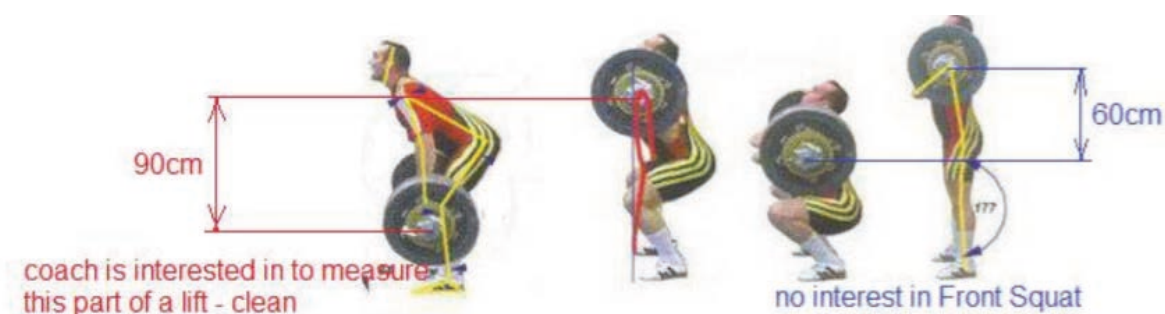**Audio signal upper limit:** 100%
Audio signal lower limit: 90%
Partial Average Power and Peak Force range: 50% Rest Time: OFF
Eccentric Average velocity (ECS): OFF
Weight setup in lbs: OFF

10. Set Up Sequence

1. Press ON/OFF button for 3 seconds
2. Press MODE button for 3 seconds
3. Set Load (Weight in Kg or Lb if turned on) - change load by using the Up and Down arrow buttons
4. Press MODE button
5. VBT - turn ON/OFF by using Up and Down arrow buttons
6. Continue down the list: „A-UP", „A-LO", „FILt", „P-AP", „r-t", „ECS" and „lb"
7. Set Filter (see list of suggested Filters in the main Tendo Unit hardware manual *Page 14*)
    E.g. 70 - 90cm - Power Snatch/Clean, Clean Pull, Snatch Pull
        30 - 40cm - Squat, Jerk, Hang Clean and Hang Snatch
        30 - 35cm - Bench Press
8. To quit Setup menu press the RESET button

coach is interested in to measure this part of a lift - clean

no interest in Front Squat

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.

9. The microcomputer will display the load (weight) in the bottom display. After 10 seconds, the sensor will show Rest Time measurement (if Rest Time is turned on).

10. SET 2 – Change load without resetting all the information. Press MODE button for 3 seconds. Change load with Up and Down arrow buttons. Press Reset (the rest time is counted in the background)

11. The microcomputer will show your last repetition (Power or Velocity etc. on the upper display, percent value of the best repetition in the set on the middle display and repetition number on the lower display.

12. After few seconds the lower display will revert to Rest Time (if Rest Time is turned on).

13. When you start your 2nd set, the lower display will immediately revert back to repetition.

14. If there is no measured data, change the weight simply by using Up and Down buttons.

11. Deleting all data

Press Reset to recall delete process for all data. The upper display shows "rSt", and the middle display shows "ALL". Press the Reset button again to delete all data.

To leave deleting process after pressing the Reset button, press Up or Down button.

12. Deleting selected repetitions

Select a repetition using Up and Down buttons.

Press Delete Rep (ON/OFF) button and recall delete process for a selected repetition. The upper display shows "dEL." and lower display shows "Rep". To delete the selected repetition, press Delete Rep (ON/OFF) button again.

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

13. Memory

If there are data in the microcomputer unit before the unit is turned off, the data will be saved in the microcomputer's memory until the "RESET" button is pressed.

After the microcomputer is turned on again, the upper display shows "nnn". "nnn" indicates that there are data to be recalled. Recall data by pressing the Up or Down button. It is also possible to

continue exercising without deleting previous data. However, it will compare the previous Power or Speed data against your new workout.

The microcomputer has a memory for 500 repetitions. Once the memory is full the upper display shows "○○○○".

‼ It is not possible to measure more repetitions once the memory is full. To continue with the measurement you will need to free the memory. To free microcomputer's memory, delete all data or selected repetitions.

14. Battery Saver

The microcomputer has a built-in battery saver to prolong the battery life. After 2 minutes of the 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 turns 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.

15. Safety and Handling

Tendo Unit can be cleaned with a soft, damp cloth. Avoid spilling liquid on the microcomputer and sensor unit. Keep the microcomputer out of direct sunlight. Remove the batteries when storing the Tendo Unit. For indoor use, only.

16. Magnet Safety

1. *Proper Magnet Handling:* Assure that no two magnets come in close proximity to one another when handling.

2. *Transportation and Storage*: Wood, plastic or other non-ferrous containers can be used to create barriers around the magnet for safe transportation or storage.

3. *Medical Devices*: Some medical devices (such as pacemakers and heart defibrillators) can be adversely affected by strong magnetic fields.

4. *Credit Cards and Electronic Devices*: Credit cards, computer disks, and other magnetic storage devices away from magnets. Exposure to the magnetic field may result in malfunction or permanent damage to such items.

5. Keep away from mechanical watches, compass and hearing aid.

CDs and DVDs sticks are not magnetic data carriers and will therefore not be damaged by static magnetic fields.

Cameras, cell phones and smartphones contain non-magnetic storage media. Therefore, static magnetic fields near those devices cannot delete data.

USB sticks and memory cards are not magnetic data carriers and will therefore not be damaged by static magnetic fields.

A static magnetic field does not damage a vehicle key or the embedded transponder for the antitheft device. Therefore, you can hang up your vehicle key on a magnetic board.

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Before using Tendo Unit, please download and review the FULL User Manual at
https://www.tendosport.com/support/manuals/ —> choose *TENDO UNIT hardware*