M5

VDO
CYCLECOMPUTING

Installation video
Operating video
Settings video

www.vdocyclecomputing.com/service

Preface

Congratulations
In choosing a VDO computer, you have opted for high-quality
device with first rate technology.
To optimally use the computer, we recommend that you read
this manual carefully. It contains full operating instructions
and many useful tips.
We hope you enjoy cycling with your VDO computer.

Cycle Parts GmbH

Pack contents

First, please ensure that the contents of this pack are
complete:

1 VDO computer
1 battery for the computer
1 speed transmitter, battery installed
1 handlebar bracket
1 spoke magnet (clip magnet)
   cable ties for attaching the bracket and
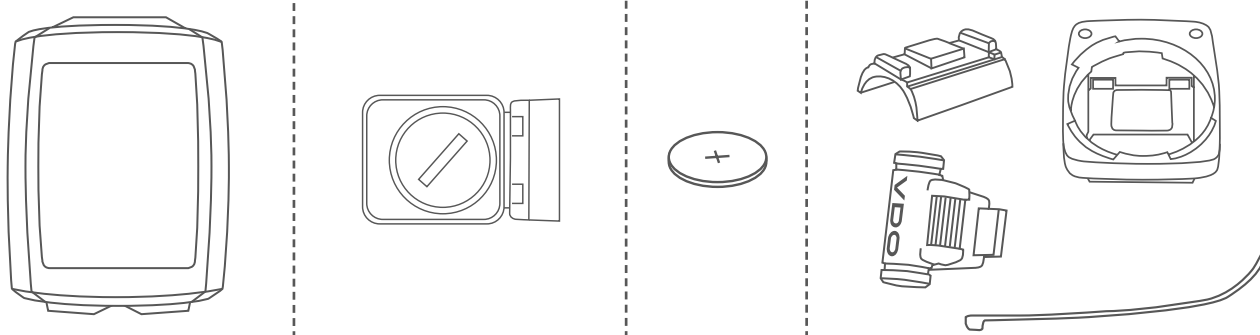   the transmitter
1 quick-start instruction manual

Table of contents

Display

The VDO M5 has a large, easy-to-read display that can be divided into four areas.

Area 1:
The top line permanently displays the time on the left and the temperature on the right.
If the heart rate function is selected: the heart rate is permanently displayed on the left.
If the cadence function is selected: the cadence is permanently displayed on the right.
If the heart rate + cadence option is selected:
the heart rate is displayed on the left and the cadence on the right.

Area 2:
The middle line of the display permanently indicates the current speed.

Area 3:
The third line uses clear text to display a description of the selected indicator function.

Area 4:
The bottom line of the display shows the value for the selected function.
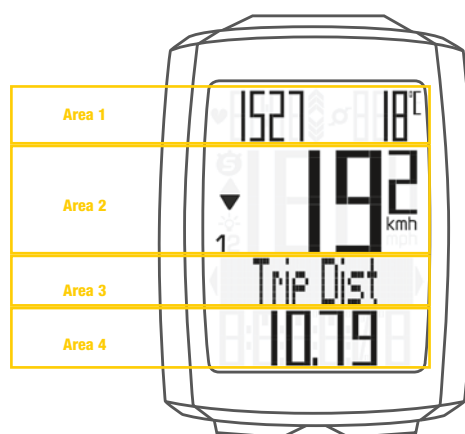
Display with heart rate option
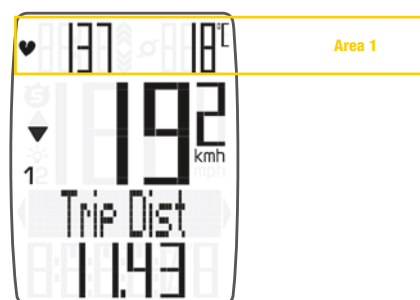
Display with cadence option
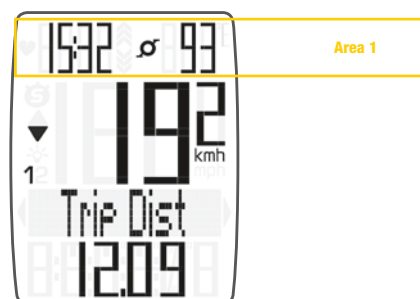
Display with heart rate + cadence option
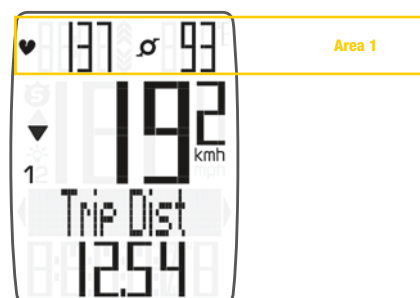
Display

"12"
The VDO M5 can be used on two bikes. The indicator icons 1 and 2 show you whether your VDO M5 is currently using the settings for bike 1 or bike 2.

A description of how to switch between bike 1 and bike 2 can be found on page 43.

On the right of the display, under the speed indicator, the unit kmh or mph is displayed.

"UP/DOWN arrow" ▲ ▼
The arrows indicate whether you are currently travelling quicker or slower than your current average speed.
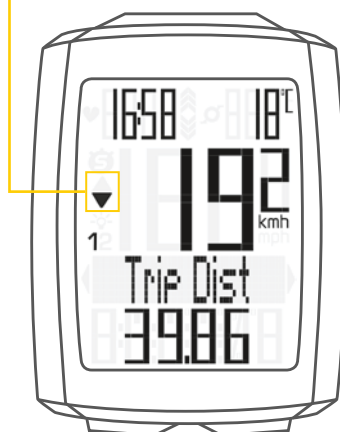
Display

The following icons are shown on the left of the display next to the speed:

"⑤": the icon is ON
if the trip section counter has been started.
A more detailed description of the trip section counter can be found on page 41.

Light mode ON/OFF ☀
This icon indicates whether the display backlight mode is switched on or off.

Left/right arrows next to the description of the selected indicator function (area 3 of the display).

In setting mode, these arrows indicate that you can scroll by pressing the BIKE or the TOTAL/PULSE/CAD (TPC) button or increase/reduce the value with both buttons.

Buttons

The VDO M5 has three buttons.
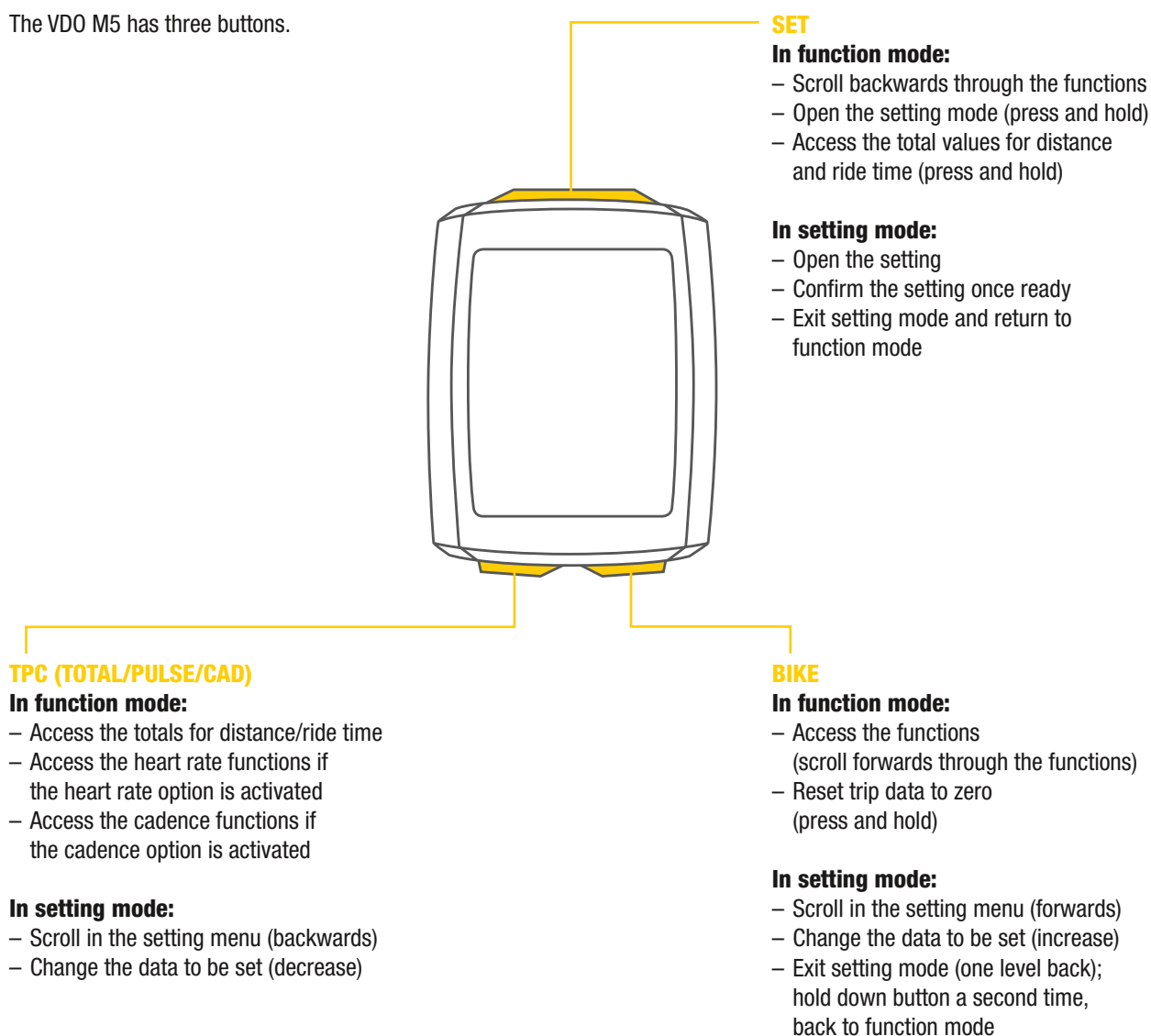
SET

In function mode:
– Scroll backwards through the functions
– Open the setting mode (press and hold)
– Access the total values for distance
  and ride time (press and hold)

In setting mode:
– Open the setting
– Confirm the setting once ready
– Exit setting mode and return to
  function mode

TPC (TOTAL/PULSE/CAD)

In function mode:
– Access the totals for distance/ride time
– Access the heart rate functions if
  the heart rate option is activated
– Access the cadence functions if
  the cadence option is activated

In setting mode:
– Scroll in the setting menu (backwards)
– Change the data to be set (decrease)

BIKE

In function mode:
– Access the functions
  (scroll forwards through the functions)
– Reset trip data to zero
  (press and hold)

In setting mode:
– Scroll in the setting menu (forwards)
– Change the data to be set (increase)
– Exit setting mode (one level back);
  hold down button a second time,
  back to function mode

Functions

The VDO M5 has the following functions:

Current speed
The current speed is permanently shown on the display.
For a wheel circumference of 2,155 mm, the maximum
possible speed is 199 kmh or 124 mph.

Time
The current time is permanently displayed at the top left.
ATTENTION: if the **HEART RATE option** is activated,
the current heart rate is displayed here. See page 45.

**With
HEART RATE option**
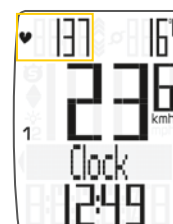
Current temperature
The current temperature is permanently displayed on
the top right.
ATTENTION: if the **CADENCE option** is activated,
the current cadence is displayed here. See page 50.

**With
CADENCE option**
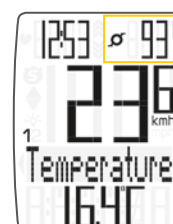
Functions

Press the **BIKE button** to access the following information:

Current distance
The current distance counts up to 9,999.99 km or miles. If this value is exceeded, the counter restarts the current distance count at zero.

Current ride time
The current ride time counts up to 99:59:59 HH:MM:SS. If this value is exceeded, the ride time counter restarts at zero.

Average speed
for the current trip

The average speed is specified to two decimal places.

Maximum speed
for the current trip

The maximum speed is specified to two decimal places.

Functions

Section time

The VDO M5 has a trip section counter.
The trip section counter is like a stopwatch.
If the trip section counter is running, the section time is recorded, as with a stopwatch. When the trip section counter is running, the section distance is also recorded.

The trip section counter is started and stopped by pressing the **BIKE + SET** buttons (simultaneously press both buttons – do NOT hold).
ATTENTION: the trip section counter stops automatically when the speed is zero.

Section distance

Shows the distance travelled while the trip section counter is activated.

Navigator

The navigator is a second, completely independent trip distance counter.

The navigator is used to measure trip sections.
The navigator is particularly helpful when riding a route shown in a road book (e.g. Moser Bike Guide).

The navigator can:
– be reset to zero as often as desired and
  independently of the trip distance counter
– be preset to a specific value
– count forwards or backwards from this value

Navigator setting range: -99.99 to +999.99 km or miles.

Accessing the total values

The total values for the distance travelled, the ride time and the altitude data are accessed separately to the data for the CURRENT trip.
There are **two options** for displaying the totals.

OPTION 1:

Access the totals by pressing the TPC (TOTAL/PULSE/CAD) button.

Total distance 1
(Cumulative value for all trips on bike 1)

The total distance counts up to 99,999 km or miles.
If this value is exceeded, the total distance counter restarts at zero.
If the unit is switched from miles to km and the conversion result is greater than 100,000 km, the counter is reset to zero.

Now press the **TPC (TOTAL/PULSE/CAD) button** to scroll to the **total ride time**
(Cumulative value for all trips)
The total ride time counts up to 9999:59 HHHH:MM. If this value is exceeded, the total ride time count restarts at zero.

If you have also used bike 2, the values for bike 2 are also displayed here.
Press the **TPC (TOTAL/PULSE/CAD) button** to scroll to the other values for bike 2.

You can also access the **total values** (cumulative data for bike 1 and bike 2).

Accessing the total values

Press and hold the SET button until the TOTAL VALUES menu opens.

– Press the **SET button** to open the total values display.
– Press the **BIKE** or **TPC button** to scroll in the total values. The total distance 1 (cumulative distance for all individual trips on bike 1) is displayed first.
– Press the **BIKE** or **TPC button** to scroll to the other totals.
– **Total distance 1**
– **Total ride time 1**

If you have also used **bike 2**, the values for bike 2 are also displayed here.
– **Total distance bike 2**
– **Total ride time bike 2**

You can also access the total values for **bike 1 + bike 2** here:
– **Total distance bike 1 + bike 2**
– **Total ride time bike 1 + bike 2**
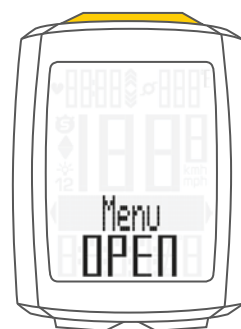
If the **HEART RATE option** is activated, you will also receive cumulative data for your **calorie burn**:
– **Calorie burn with bike 1**
– **Calorie burn with bike 2**
– **Total calorie burn with bike 1 + bike 2**

Press (and hold) the **SET button** to return from the total values information to the normal function mode.

Operation while cycling

While cycling, the display functions can be accessed by pressing the **BIKE** button (**scroll forwards** through the functions).

Pressing the BIKE button shows the next function on the display.

ATTENTION: if the **HEART RATE option** is activated, the heart rate functions are displayed by pressing the TPC button.

By pressing the **SET button** you can also **scroll backwards through the functions**. This enables you to quickly display the desired function.

The totals can be accessed by pressing the TPC (TOTAL/PULSE/CAD) button.

A detailed description can be found on page 47.

Sleep mode

If you take a break and the **M5 is in the bracket,** the computer switches to **standby mode** after **five minutes**.

If you set off again after a break, the VDO M5 has an **auto-start function**.
The auto-start function is activated by a movement sensor.

Moving the handlebars is enough to wake up the M5 from sleep mode. The VDO M5 immediately switches to function mode. The current speed and the distance are once again displayed after a few seconds.
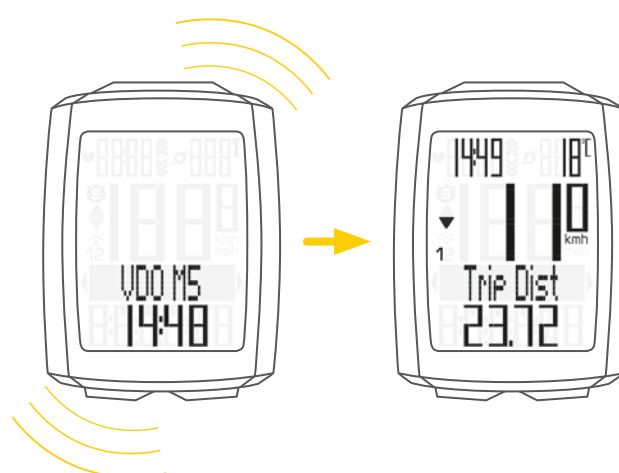
Attaching the handlebar bracket

You can attach the computer to the right or left of the handlebars or in the centre on the stem. Attach the handlebar bracket in the corresponding position.

STEP 1
Decide whether you want to attach the computer to the handlebars or the stem.

STEP 2
Rotate the foot of the handlebar bracket by 90° accordingly. To do so, undo the screws in the bracket, remove the foot and rotate it 90° then insert and tighten the screws again.
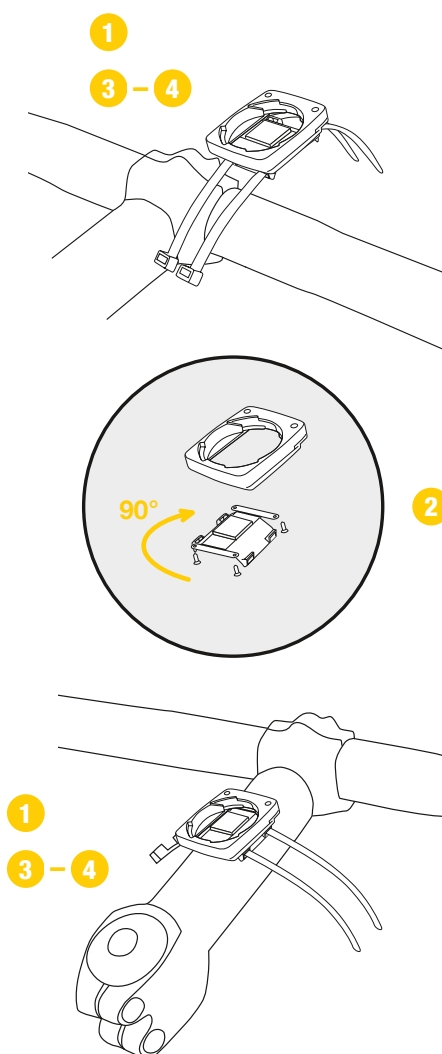**Attention:** do not overtighten the screws.

STEP 3
Guide the cable ties through the slot in the handlebar bracket, place around the handlebars or the stem and pull (do not pull tight just yet).

STEP 4
For handlebar attachment: align the computer angle to achieve optimum readability.
Now pull the cable ties tight.

Use clippers to snip off protruding ends.

Attaching the speed transmitter

The transmitter can be attached to the fork leg on the right or left.

Note:
If you have attached the computer to the stem or the left of the handlebars, the speed transmitter MUST be attached to the LEFT fork leg.

STEP 1
Place the rubber shim under the transmitter. Fit the transmitter on the same side of the forks where you later want to fit the computer to the handlebars (right or left) using the cable ties supplied (loosely at first, do not pull tight just yet).

ATTENTION: **The cross-hatched marking on the lid of the transmitter's battery compartment must point toward the spokes.**

Depending on the available space, the transmitter can be mounted along the front of the fork, on the inside of the fork, or the back of the fork.

STEP 2
Place the spoke magnet around an outside spoke. The VDO logo of the rod-shaped magnet core should point toward the transmitter. Align the magnet with the cross-hatched sensor marking on the transmitter at a distance of 1-5 mm.

STEP 3
Align the transmitter and magnet in their final positions and fasten them in place:
pull the cable ties tight and push the magnet in firmly.
The transmitter should be folded down at a maximum angle of 45° to the spokes. If you cannot achieve this angle, move the transmitter down along the fork leg towards the hub until you have reduced the angle to less than 45°.

MAGNET

90° – 45°

LEFT

STEM
LEFT

RIGHT
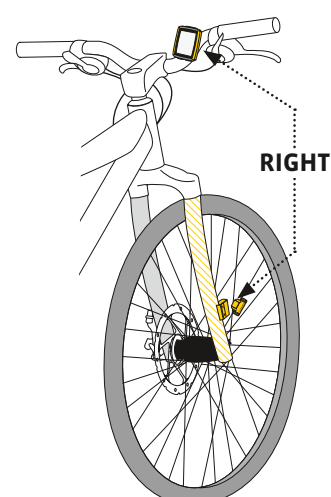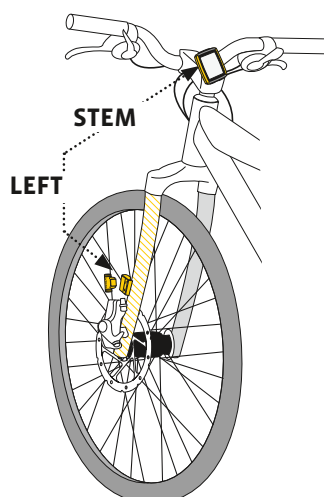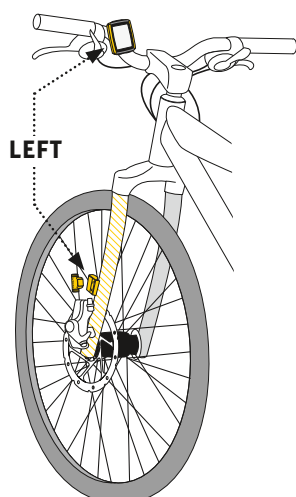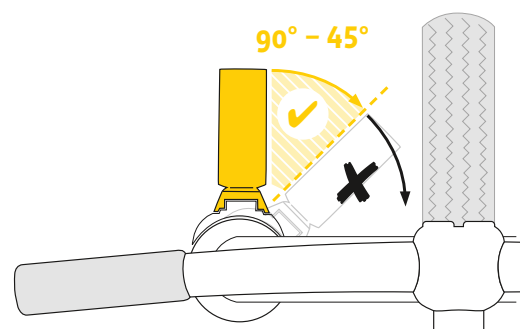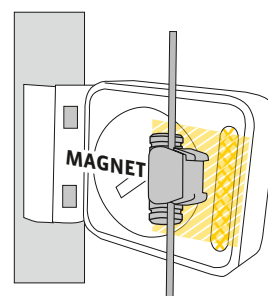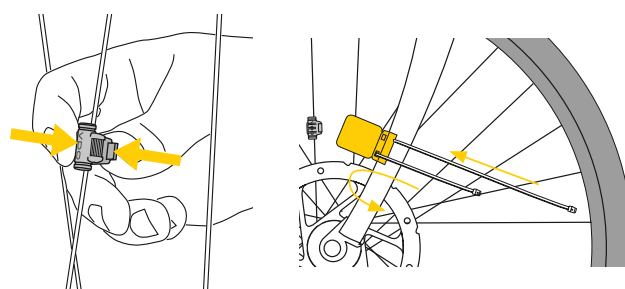
Inserting the computer into the bracket

The VDO twist-click system securely connects the computer to the handlebar bracket.

How to insert the computer:

STEP 1
Place the computer into the bracket in a 10 o'clock position.

STEP 2
Rotate the computer to the right into the 12 o'clock position and click it into the bracket system. A noticeable resistance must be overcome to move it into place.

STEP 3
To remove the computer, rotate it to the left (without pushing or pulling).

Memory aid: **R**igid to the **R**ight, **L**oose to the **L**eft

LOCK

UNLOCK

1. LOCK   2. CLICK

2. UNLOCK

Pairing the transmitter (initial use)

The VDO M5 automatically pairs the transmitter.

Once the computer has been rotated into place in the bracket, it starts searching for the transmitter.

The transmitter search is identified by the flashing digits for:
– Speed
– Heart rate (if the heart rate option is activated)
– Cadence (if the cadence option is activated)

The VDO M5 has an automatic bike recognition function. Depending on whether you are using bike 1 or bike 2, the data is recorded for bike 1 or bike 2.

ATTENTION: When other radio signals interfere during the pairing function, the display shows the message **"Too Many Signals"**.
Confirm this message by pressing any key. You will then need to leave this location and move to another location. Untwist the computer from the handlbar bracket. Then reinsert the computer into the handlebar bracket. The computer will now attempt another pairing.
Potential source of interference:
– LED lights
– Mobile telephone
– GPS receiver
– WLAN
– Anti-theft security systems inside the store
These sources can interfere with the pairing.

ATTENTION: when using the transmitter for the first time, the bike recognition switch must be set to either BIKE 1 or BIKE 2. Only then will the automatic bike recognition work.

Press and **HOLD** the button until the LED flashes.
Green flashes once = bike 1 is selected
Red flashes twice = bike 2 is selected
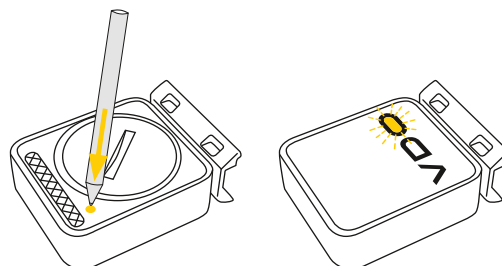
Function testing

Once the transmitter has been attached, check that it functions correctly.

How to test the transmitter:
– Insert the computer into the bracket.
  The speed indicator flashes. The computer now searches for its speed transmitter.
– Lift and spin the front wheel.
  The green LED on the transmitter flashes several times.
– A speed should now be displayed on the computer.

If the cadence option is activated, the cadence transmitter must also be paired:
– The cadence indicator flashes. The computer now searches for its cadence transmitter.
– Rotate the crank or set off.
  The green LED on the cadence transmitter flashes several times.
– A cadence should now be displayed on the computer.

If the heart rate option is activated, the heart rate transmitter must also be paired:
– The heart rate indicator flashes. The computer now searches for its heart rate transmitter.
– Put on the heart rate transmitter and wait a few seconds.
– A heart rate should now be displayed on the computer.
  If no speed, cadence or heart rate is displayed, there can be several reasons for this.

The possible reasons are described in the **"Troubleshooting"** section.

Settings – language

The following display languages can be selected for
the VDO M5:
– German
– English
– French
– Italian
– Spanish
– Dutch

How to select the language:
Press and hold the SET button until the settings menu
opens.

The **Totals** first appear on the display.
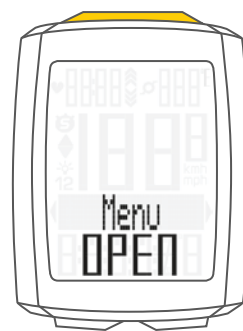
Press the **BIKE button** to scroll to **Settings**.

Press the **SET button** to open the settings.
"Language" appears on the display.

Press **SET** to open the **language** settings.
English flashes.

Settings – language

You can now press the **BIKE button** to select a different language.

Press the **SET button** to confirm your language setting.
The response **"Set OK"** appears on the display.

If you want to configure further settings, press the **BIKE button** to access these.

If you do not want to configure any further settings, **press and hold the SET button**.

The settings menu closes.
The VDO M5 returns to function mode.

Settings – unit

Use the unit settings to specify the measurement formats for:
– Speed (kmh or mph)
– Temperature (C or F)
– Weight (kg or lbs)
– Time (24-hour or 12-hour with AM/PM)

How to set the units:
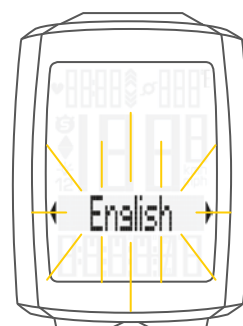**Press and hold the SET button** until the settings menu opens.
Press the **BIKE button** to scroll from **Totals** to **Settings**.

Press the **SET button** to open the settings.
"Language" appears on the display.
Press the **BIKE button** to scroll to the setting for the **Dimension**.
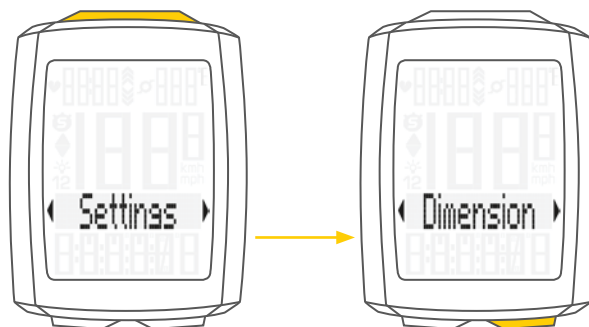
Press the **SET button** to open the unit setting.
First set the unit for the **speed**.

"KMH" flashes in the bottom line of the display.
Press the **BIKE button** to change the unit to **"MPH"**.

Press the **SET button** to confirm the setting.
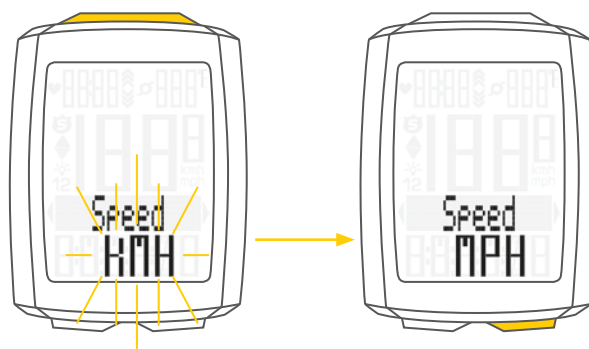
The setting for the **temperature** unit next appears on the display. Set whether the temperature should be displayed in **Celsius** or **Fahrenheit**.

Press the **BIKE button** to make your setting.

Press the **SET button** to confirm your setting.
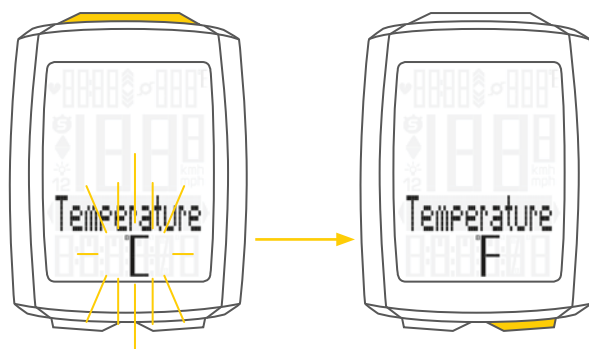
The setting for the unit **weight** now appears on the display. **KG** or **LBS (POUNDS)** can be selected.

Press the **BIKE button** to make the setting.

Press the **SET button** to confirm the setting.
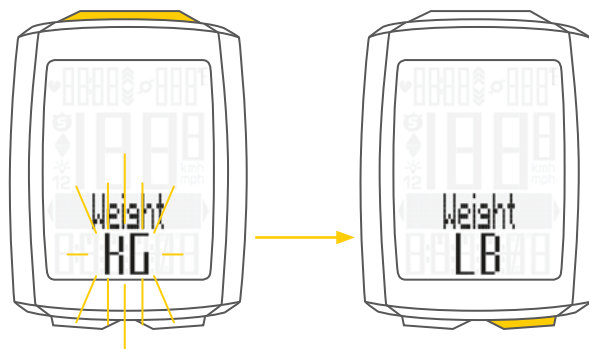
Settings – unit

The setting for the **time format** now appears on the display. Here, you can select a **24-hour** format or a **12-hour** format with AM/PM.

Press the **BIKE button** to make the setting.
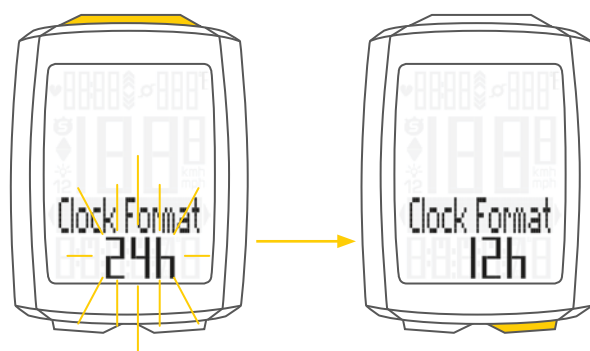
Press the **SET button** to confirm the setting.

The response **"Set OK"** appears on the display.

If you want to configure further settings, press the **BIKE** or **TPC button** to access these.

If you do not want to configure any further settings,
press and hold the SET button.
The settings menu closes.

The VDO M5 returns to function mode.

Settings – wheel circumference/wheel size

You can set the roll circumference of your wheel in millimetres on the VDO M5 or select the applicable tyres from a tyre table.

The more accurate this setting, the more accurate your speed indicator and the measurement of the distance you have travelled. You can find the values for your tyres in the tyre size table and set these in the device.

ATTENTION: the values in the table are approximations only. The actual values can deviate from the values in the table depending on the manufacturer and the tyre tread.

If your tyre size is not listed in the table, you can accurately measure the roll circumference.

How to measure the roll circumference:
STEP 1
Stand your bike up and position the wheel to which you want to attach the sensor so that the valve is directly on the ground. Ensure that the tyres are fully pumped up in accordance with the usage instructions. Mark the position of the valve on the ground with a line or adhesive strip.

STEP 2
Now push your bike forwards in a straight line until the valve is back on the ground after one rotation.
Again mark the position of the valve on the ground with a line or adhesive strip.

STEP 3
The distance between the two marks corresponds to your wheel circumference or wheel size in millimetres.

Tyre size	ETRTO	KMH Wheel circum-ference in mm	MPH Wheel circum-ference in inches
16 x 1.75	47-305	1,272	50.1
20 x 1.75	47-406	1,590	62.6
24 x 1.75	47-507	1,907	75.1
26 x 1.5	40-559	2,026	79.8
26 x 1.75	47-559	2,070	81.5
26 x 1.9		2,089	82.2
26 x 2.00	50-559	2,114	83.2
26 x 2.10	54-559	2,125	83.7
26 x 2.25	57-559	2,155	84.8
26 x 2.35	60-559	2,160	85.0
26 x 2.40	62-559	2,170	85.4
28 x 1.5	40-622	2,224	87.6
28 x 1.6	42-622	2,235	88.0
28 x 1.75	47-622	2,268	89.3
29 x 2.10	54-622	2,295	90.4
29 x 2.25	57-622	2,288	90.1
29 x 2.40	62-622	2,300	90.6
650 B		2,100	82.7
700 x 18C	18-622	2,102	82.8
700 x 20C	20-622	2,114	83.2
700 x 23C	23-622	2,095	82.5
700 x 25C	25-622	2,146	84.5
700 x 30C	30-622	2,149	84.6
700 x 32C	32-622	2,174	85.6
700 x 38C	38-622	2,224	87.6

1x

Wheel circumference in mm/inches
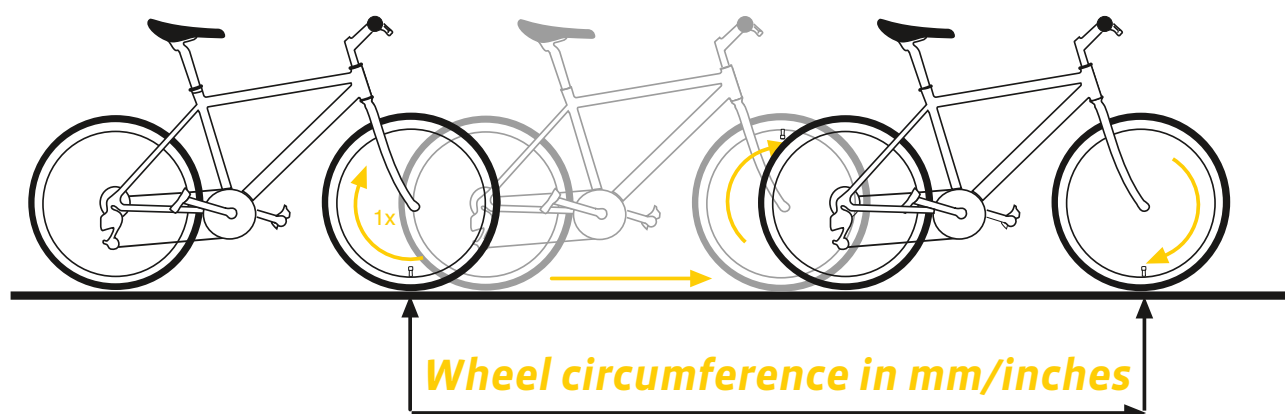
Settings – wheel circumference/wheel size

How to set your wheel circumference:
Press and hold the SET button until the settings menu opens.

Press the **BIKE button** to switch from **Totals** to **Settings**.
Press the **SET button** to open the settings.

"Language" appears on the display.
Press the **BIKE** or **TPC button** to scroll to the setting for the **Wheelsize**.

Press the **SET button** to open the setting for the **wheel size**.

You can set the wheel size separately for bike 1 and bike 2.
Press the **BIKE button** to scroll from the setting for bike 1 to the setting for bike 2.
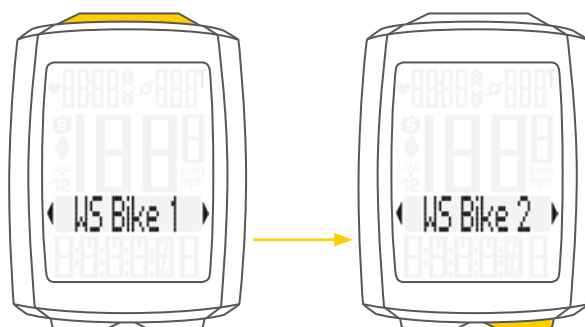
Press the **SET button** to open the setting (description here is for bike 1).

In the display, you can now choose whether you want **to manually set the wheel size in millimetres or select the appropriate tyres from a tyre list**.

Press the **BIKE button** to make the selection.
Confirm the setting by pressing the **SET button**.
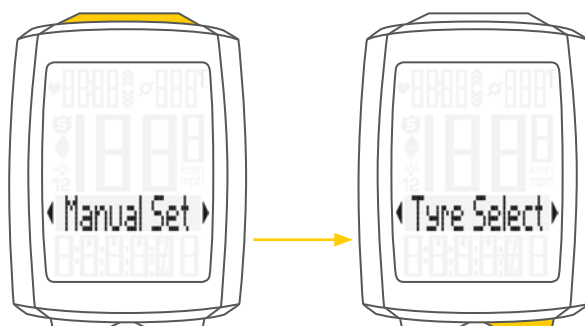
Settings – wheel circumference/wheel size

Manual setting by entering the roll circumference in millimetres

The first two digits (in the example "21") flash.
Press the **BIKE** or **TPC button** to set these digits to the desired value.

Press the **SET button** to confirm your setting.

The third digit now flashes and is ready to be set.
Press the **BIKE** or **TPC button** to set this digit.

Press the **SET button** to confirm your setting.

The final digit on the right now flashes.
Press the **BIKE** or **TPC button** to set this digit.

Press the **SET button** to confirm your setting.
Your wheel circumference setting is now complete.
The response **'Set OK'** appears on the display.

If you want to configure further settings,
press the **BIKE button** to access these.

If you do not want to configure any further settings,
press and hold the SET button.
The settings menu closes.

The VDO M5 returns to function mode.

Settings – wheel circumference/wheel size

Setting the wheel size using the tyre list

Open the wheel size settings via the tyre list by pressing the
SET button (see previous page).

SELECT (or the last selected tyre size) appears on the display.

Press the **BIKE** or **TPC button** to scroll through the tyre list
until your tyres are displayed (in the example shown
26 x 2.35)

Press the **SET button** to confirm the setting.
The response **"Set OK"** appears on the display.

If you want to configure further settings,
press the **BIKE button** to access these.

If you do not want to configure any further settings,
press and hold the SET button.
The settings menu closes.

The VDO M5 returns to function mode.

Settings – my data

Use the **My data** settings to set your data for your age, weight, gender and HR max. These are required to calculate the heart rate training zones.
The following are calculated on the basis of the data:
– Maximum personal heart rate (HR max)
– FIT zone
– FAT zone

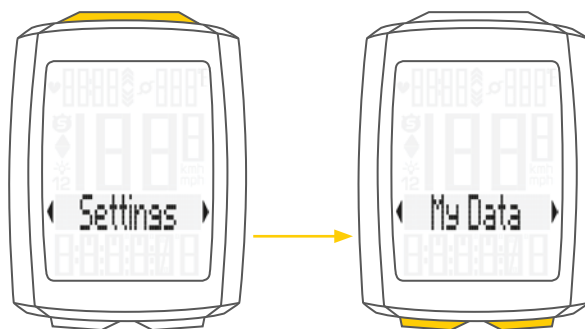**How to set your My data information:**
Press and hold the **SET button** until the settings menu opens.

Press the **BIKE button** to switch from **Totals to Settings.**

Press the **SET button** to open the settings.
"Language" appears on the display.

Press the **BIKE** or **TPC button** to scroll to the **My Data** settings.

Press the **SET button** to open the settings.
First, set your **age**.
Press the **BIKE button to increase** the value and the **TPC button to decrease** the value.
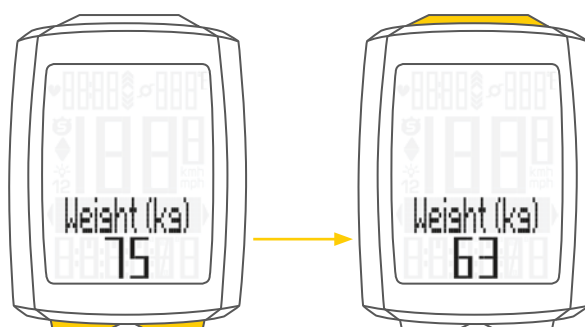
Press the **SET button** to confirm the value you have set.
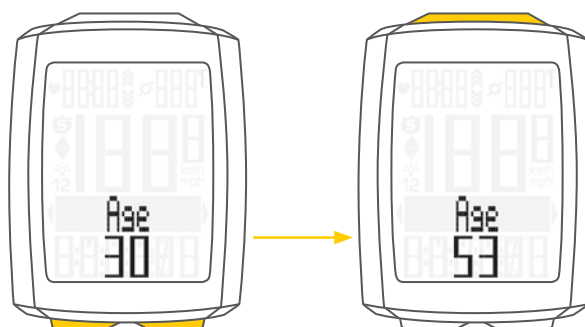
Now set your **weight**.
Press the **BIKE button to increase** the value and the **TPC button to decrease** the value.
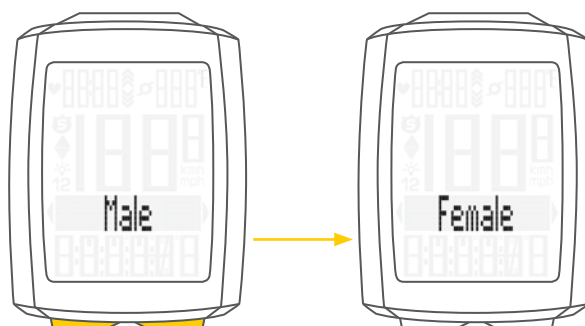
Press the **SET button** to confirm the value you have set.

Now set your **gender**.
Press the **BIKE** or **TPC button** to select your gender.

Press the **SET button** to confirm the value you have set.

Settings – my data

The calculated upper limit for your personal maximum heart rate **(HR max)** is now displayed.
The calculated value flashes and can be changed.

Press the **BIKE button to increase** the value and the **TPC button to decrease** the value.

Press the **SET button** to confirm the value you have set.
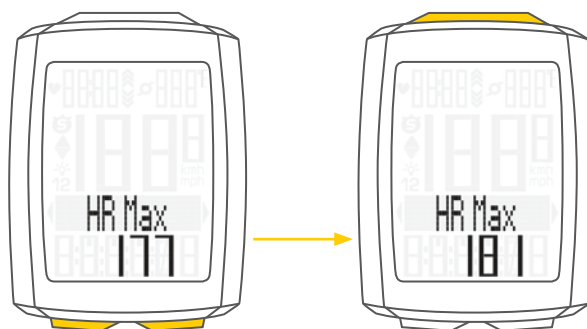
The calculated **lower limit** for the training zone Own is now displayed.

Press the **BIKE button to increase** the value and the **TPC button to decrease** the value.

Press the **SET button** to confirm the value you have set.
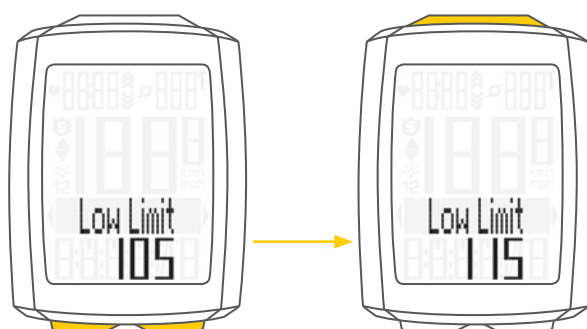
The value for the calculated **upper limit** of the training zone Own is then displayed.

Press the **BIKE button to increase** the value and the **TPC button to decrease** the value.
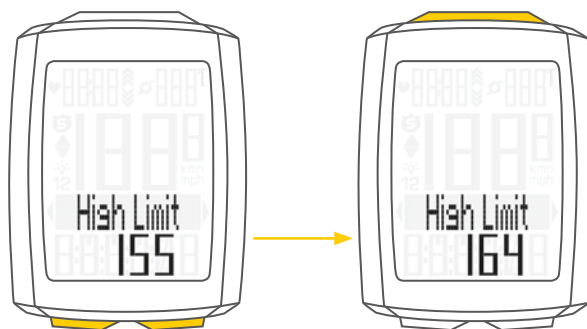
Press the **SET button** to confirm the value you have set.
The response **"Set OK"** appears on the display.

If you want to configure further settings, press the **BIKE button** to access these.

If you do not want to configure any further settings, **press and hold the SET button**.
The settings menu closes.

The VDO M5 returns to function mode.

Settings – sensor selection

The M5 can display heart rate and (simultaneously) cadence data.
To do this, a heart rate and/or cadence transmitter must be available and installed. Use the sensor selection menu to select the sensor that should be activated.
ATTENTION: once a transmitter has been selected, the sensor values (heart rate/cadence) appear on the display. The display changes.
The layout of the functions on the buttons also changes. Further information on this is provided on page 51 for the **heart rate option** and on page 53 for the **cadence option.**

How to select the sensors:
Press and hold the **SET button** until the settings menu opens.
Press the **BIKE button** to move from **Totals to Settings.**

Press the **SET button** to open the settings.
"Language" appears on the display.

Press the **BIKE** or **TPC button** to scroll to the setting for the **Sensor**.

Press the **SET button** to open the settings.

Heart rate OFF or **ON** flashes.
Press the **BIKE** or **TPC button** to select **ON** or **OFF**.

Press the **SET button** to confirm the setting.

You can now select whether the **cadence transmitter** should be activated.

Press the **BIKE** or **TPC button** to select **ON** or **OFF**.

Settings – sensor selection

Press the **SET button** to confirm the setting.
The response **"Set OK"** appears on the display.

If you want to configure further settings,
press the **BIKE button** to access these.

If you do not want to configure any further settings,
press and hold the **SET button**.
The settings menu closes.

The VDO M5 returns to function mode.

Settings – clock

On the VDO M5, you can set the time in 12-hour AM/PM format or 24-hour format.

Specify the desired time format in the unit settings (see page 20).

How to set the time:
Press and hold the SET button until the settings menu opens.
Press the **BIKE button** to move from **Totals to Settings**.
Press the **SET button** to open the settings.
"Language" appears on the display.

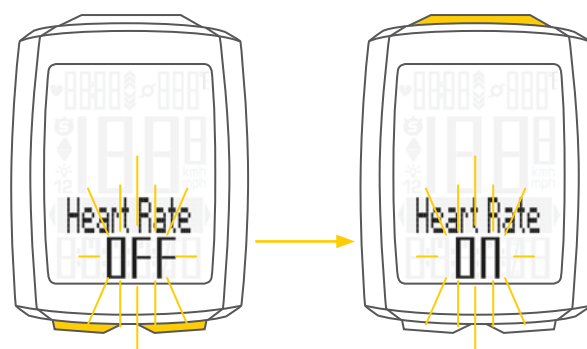Press the **BIKE** or **TPC button** to scroll to the setting for the **Clock**.

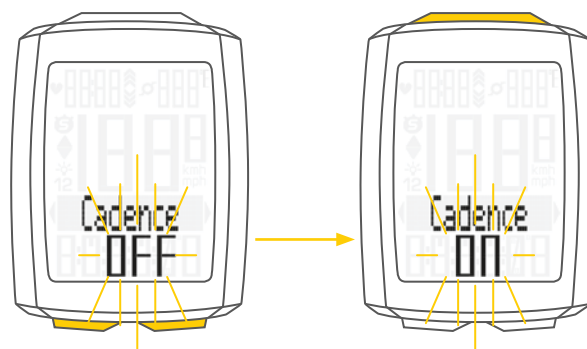Press the **SET button** to open the setting for the **clock**.
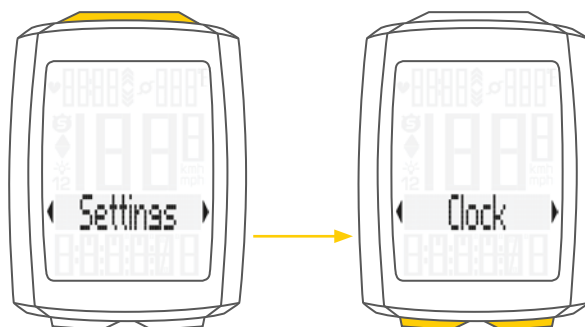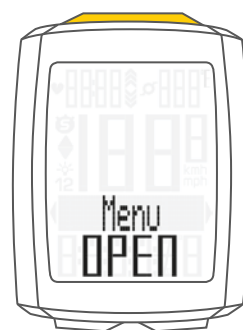
The hour digits flash.
Press the **BIKE** or **TPC button** to change the setting for the **hours**.

Press the **SET button** to confirm your setting.

Display in 24-h format

Display in 12-h format
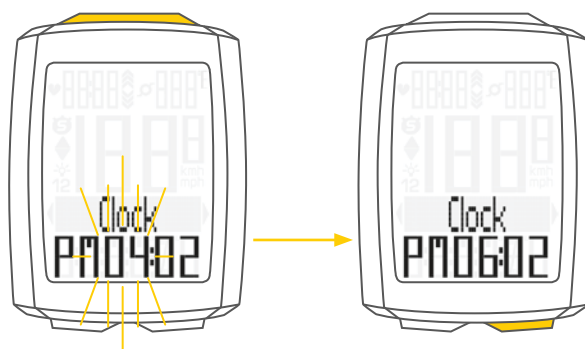
Settings – clock

The minute digits now flash on the display.
Press the **BIKE** or **TPC button** to set the **minutes**.
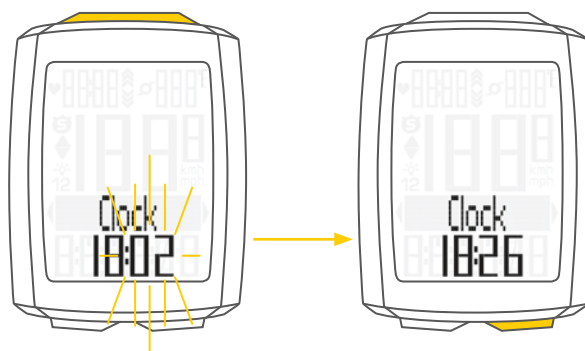
Display in 12-h format
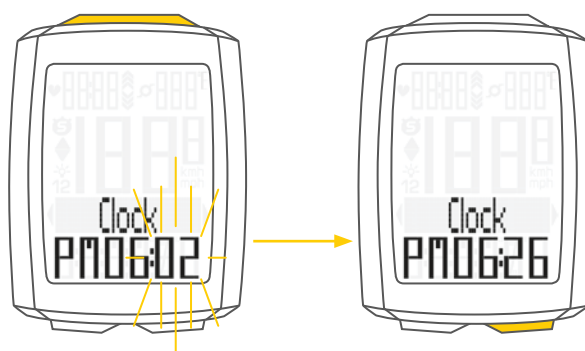
Press the **SET button** to confirm your setting.
The response **"Set OK"** appears on the display.

If you want to configure further settings,
press the **BIKE button** to access these.

If you do not want to configure any further settings,
press and hold the SET button.
The settings menu closes.

The VDO M5 returns to function mode.

Settings – switching the beeper on or off

On the M5, you can switch the beeper for the heart rate warning on or off.

How to set the beeper:
**Press and hold the SET button** until the settings menu opens.
Press the **BIKE button** to move from **Totals to Settings**.
Press the **SET button** to open the settings.
"Language" appears on the display.

Press the **BIKE** or **TPC button** to scroll to the settings for the **Beeper**.

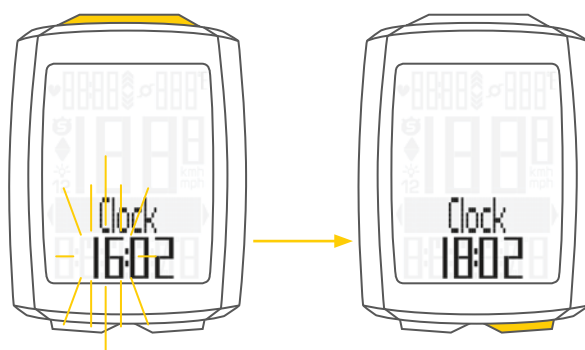Press the **SET button** to open the settings.
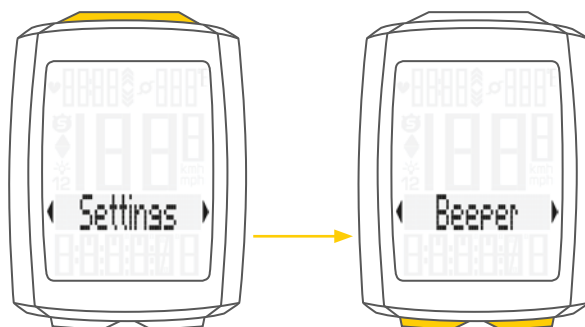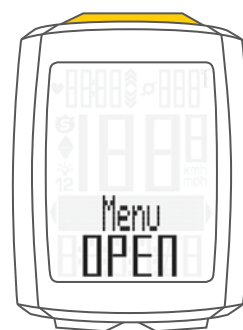
Press the **BIKE** or **TPC button** to select whether the **beeper should be switched on or off**.
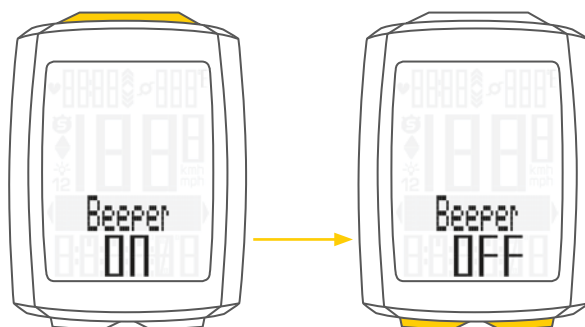
Press the **SET button** to confirm the setting.
The response **"Set OK"** appears on the display.

If you want to configure further settings,
press the **BIKE** or **TPC button** to access these.

If you do not want to configure any further settings,
press and hold the SET button.
The settings menu closes.

The VDO M5 returns to function mode.

Settings – total distance

You can set the total distance ridden on the VDO M5. For example, you can enter your data here at the start of a new cycling season. You can set the total distance separately for bike 1 and bike 2.

ATTENTION: **the M5 has a data memory.**
No data is lost when the battery is replaced.

How to set the total distance:
Press and hold the SET button until the settings menu opens.
Press the **BIKE button** to move from **Totals to Settings**.

Press the **SET button** to open the settings.
"Language" appears on the display.

Press the **BIKE** or **TPC button** to scroll to the setting for the **Total Dist**.

Press the **SET button** to open the settings.

Press the **BIKE** or **TPC button** to select whether you want to set the **total distance** for **bike 1** or **bike 2**.

Press the **SET button** to confirm the setting.

The left digit flashes.
Press the **BIKE** or **TPC button** to change this digit.
Once this digit has been set, confirm the setting by pressing the **SET button**.

Settings – total distance

The **next digit** starts to **flash** and is ready to be set.
Press the **BIKE** or **TPC button** to change this digit.

Once this digit has also been set, confirm the setting
by pressing the **SET button**.

The **next digit flashes**.
Once you have set all the digits, confirm the setting again
by pressing the **SET button**.

The response **"Set OK"** appears on the display.
The set value is stored.

If you want to configure further settings,
press the **BIKE** or **TPC button** to access these.

If you do not want to configure any further settings,
press and hold the **SET button**.
The settings menu closes.

The VDO M5 returns to function mode.

Settings – total ride time

You can set the total ride time on the VDO M5.
For example, you can set your total ride time (cumulative ride time for all trips) at the start of the new cycling season.
You can set the values separately for bike 1 and bike 2.

ATTENTION: the M5 has a data memory.
No data is lost when the battery is replaced.

How to set the total time:
Press and hold the SET button until the settings menu opens.
Press the BIKE button to move from Totals to Settings.

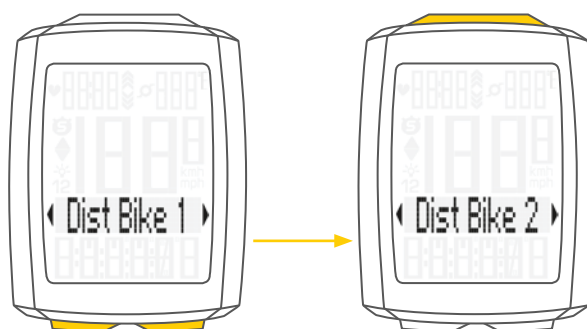Press the SET button to open the settings.
"Language" appears on the display.

Press the BIKE or TPC button to scroll to the settings for the Total Time.

Press the SET button to open the setting for the total time.
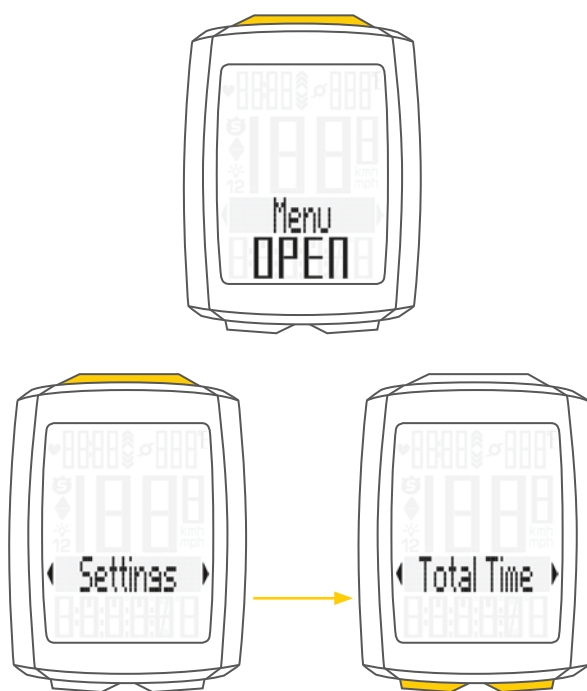
Press the BIKE or TPC button to select whether you want to set the total time for bike 1 or bike 2.

Press the SET button to confirm the setting.
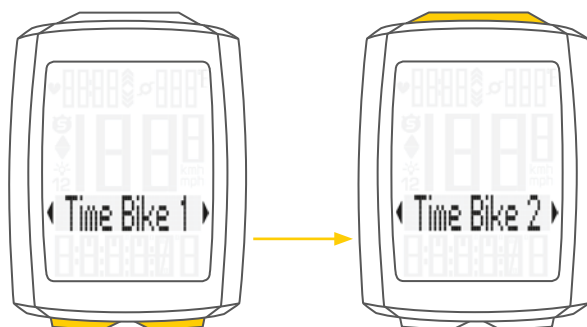
The left digit of the hours setting flashes and is ready to be set.
Press the BIKE or TPC button to set the value of this digit.

Press the SET button to confirm your setting.

Settings – total ride time

The **next digit** on the left starts to **flash** and is ready to be set.
Press the **BIKE** or **TPC button** to set the value of this digit.

Press the **SET button** to confirm your setting.

Once you have set all four digits, confirm the setting again by pressing the **SET button**.

Time Bike 1
1234h

The **setting** for the **minutes** is then opened.
Press the **BIKE** or **TPC button** to set the minutes.

Once the minutes have been set, confirm the setting by pressing the **SET button**.
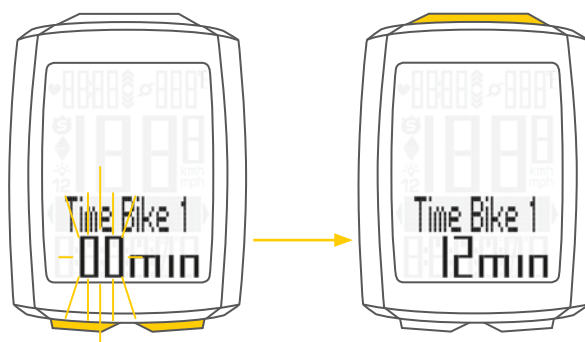
Time Bike 1
00min

Time Bike 1
12min

The response **"Set OK"** appears on the display.

If you want to configure further settings, press the **BIKE button** to access these.

If you do not want to configure any further settings, **press and hold the SET button**.
The settings menu closes.

The VDO M5 returns to function mode.

Set Ok

Settings – total calorie burn

On the M5, the total calorie burn can be set for all trips, separately for bike 1 and bike 2, for example at the start of the new cycling season.

ATTENTION: **the M5 stores all total values even if you replace the batteries. No data is lost.**

How to set the total calorie burn:
**Press and hold the SET button** until the settings menu opens.
Press the **BIKE button** to move from **Totals to Settings**.

Press the **SET button** to open the settings.
**"Language"** appears on the display.

Press the **BIKE** or **TPC button** to scroll to the settings for the **Total Kcal** (total calorie burn).

Press the **SET button** to open the settings.

Press the **BIKE** or **TPC button** to select whether you want to configure the setting for **bike 1** or **bike 2**.

Press the **SET button** to confirm your selection and open the setting.
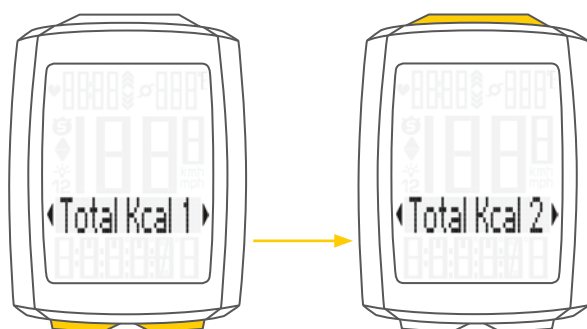
The **left digit flashes**. Press the **BIKE** or **TPC button** to set the value for this digit.

Press the **SET button** to confirm your setting.
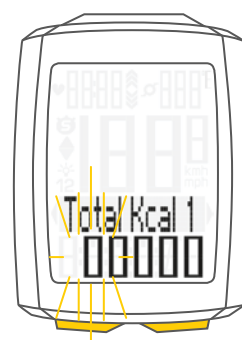
Settings – total calorie burn

The **next digit** on the left starts to **flash** and is ready
to be set.
Press the **BIKE** or **TPC button** to set the value for this digit.
Press the **SET button** to confirm your setting.

Once all the digits have been set, confirm the setting by
pressing the **SET button**.
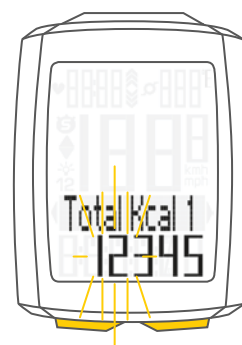
The response **"Set OK"** appears on the display.

If you want to configure further settings,
press the **BIKE button** to access these.

If you do not want to configure any further settings,
press and hold the SET button.
The settings menu closes.

The VDO M5 returns to function mode.

Setting the navigator

The navigator is a second, completely independent trip distance counter.

The navigator can:
– be reset to zero any number of desired times during a trip
– be set to a distance value
– count forwards or backwards from the set distance value.

Navigator setting range: -99.99 to +999.99 km or miles.

How to set the navigator:
Press the **BIKE button** to display the **navigator function**.

Once the navigator function is on the display, press and hold the SET button until the settings menu opens.

First select whether the navigator should count **forwards** or **backwards** from the set value.

Press the **BIKE button** to make the setting.

Press the **SET button** to confirm your setting.
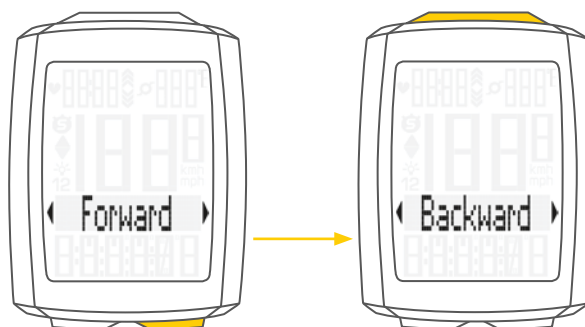
The screen for setting the navigator's distance value is opened. The **first digit on the left flashes**.
Press the **BIKE** or **TPC button** to change this digit.

Press the **SET button** to confirm the entry.

Setting the navigator

The **second digit on the left flashes**.
Press the **BIKE** or **TPC button** to change this digit.

Press the **SET button** to confirm the entry.

Once all the digits have been set, confirm the entry
by pressing the **SET button**.

The response**"Set OK"** appears on the display.
The settings menu closes.

The VDO M5 returns to function mode.

Resetting the navigator to zero

The navigator can be reset to **zero** any number of desired
times during a trip.

How to reset the navigator:
Press the **BIKE button** to display the **navigator function**.

Once the navigator function appears on the display,
press and hold the BIKE button.
Navigator RESET appears on the display.

If you **continue to hold down the BIKE button**,
the **navigator** is **reset to zero**.

Trip section counter

The VDO M5 has a time and distance counter that works similarly to a stopwatch.
When the trip section counter is running, the time and distance covered in this time are recorded.

Starting the trip section counter
Simultaneously press the **BIKE** and **SET buttons**.
The **section time** immediately appears on the display and the **icon** for the **trip section counter** is visible.
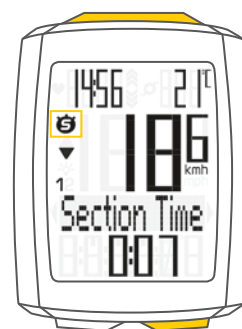
Press the **BIKE button** to scroll to the trip section.

Stopping the trip section counter
To **stop** the **trip section counter**,
simultaneously press the **BIKE** and **SET buttons**.

ATTENTION: if you take a break (speed = zero),
the trip section counter will automatically stop.

When you set off again (the trip section counter is still active, as shown by the icon "⑤" on the display), the trip section counter will automatically restart.

Restarting the trip section counter
If you have manually stopped the trip section counter and now want to restart it, **simultaneously** press the **BIKE** and **SET buttons** again. The trip section counter continues from the last value.

Resetting the trip section counter to zero

To reset the counter **either** the **section time** or the **section distance** must be shown on the display.

Press and hold the BIKE button.
The text **Trip Section RESET** appears on the display.

If you **continue to hold down the BIKE button**, the **trip section data** is now reset to **zero**.

The following data is reset to zero:
– Section distance
– Section ride time

Resetting trip data after the trip

After each trip, you can reset the data for this trip to zero. The VDO M5 is then ready for the next trip.

ATTENTION: your total distance (total number of kilometres ridden), total ride time and total calorie burn (if the heart rate function is activated) are not reset to zero.

How to reset the trip data:
Press and hold the **BIKE button** for **a few seconds**.
The text **Tour Data RESET** appears on the display.

If you **continue to hold down the BIKE button**, the **trip data** is now reset to **zero**.

The following data is reset to zero:
– Distance
– Ride time
– Average speed
– Maximum speed

If the heart rate option is activated (see page 45)**:**
– Average heart rate
– Maximum heart rate
– Time in, over and under the set training zone
– Calories

If the cadence option is activated (see page 50)**:**
– Average cadence
– Maximum cadence

Bike selection: bike 1 or bike 2

The VDO M5 has an **automatic bike recognition function**. The digital data from the speed transmitter also informs the VDO M5 of whether bike 1 or bike 2 is currently being used. The total data is correspondingly stored for bike 1 or bike 2.

ATTENTION: when using the transmitter for the first time, the bike recognition switch must be set to either BIKE 1 or BIKE 2. Only then will the automatic bike recognition work.

See Setting the transmitter on page 16.

Switching the backlight mode on or off

The M5 has a backlit display.
If backlight mode is activated, the display illuminates for several seconds each time a button is pressed.

If backlight mode is activated, the **light icon** can be seen at the top of the display.

ATTENTION: backlight mode is switched off if the M5 goes into sleep mode, e.g. if you take a break during a trip. This avoids unnecessary use of the battery.

How to switch ON the backlight mode:

Simultaneously press the **SET** and **TPC buttons**.
The text **"Light on"** and the light icon are displayed.
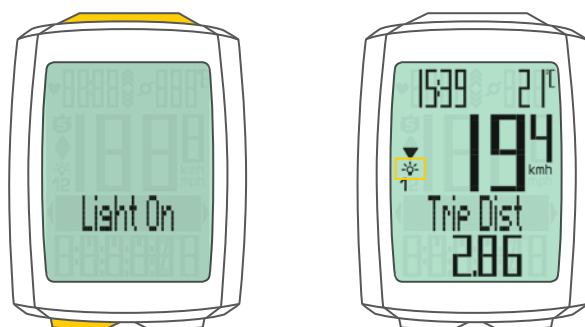
How to switch OFF the backlight mode:

Simultaneously press the **SET** and **TPC buttons**.
The text **"Light off"** is displayed and the light icon disappears.

Activating the heart rate option

The M5 can also display heart rate values.

ATTENTION: the heart rate option can only be activated if you have the VDO heart rate transmitter, product no. CP3013.

How to activate the heart rate option:
Press and hold the SET button until the settings menu opens.
Press the **BIKE button** to move from **Totals to Settings**.

Press the **SET button** to open the settings.
"Language" appears on the display.

Press the **BIKE** or **TPC button** to scroll to the setting for the **Sensor**.

Press the **SET button** to open the setting for the sensors.

'HR OFF' flashes on the display.

Now press the **BIKE** or **TPC button** to select **ON**.
Press the **SET button** to confirm the selection.
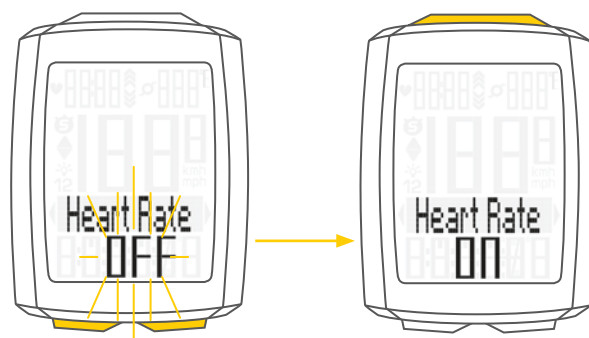
The selection is confirmed on the display with the text **"Set OK"**.

The heart rate option is now activated.
Press and hold the **SET button** to return to function mode.

Display when using the heart rate option

If the heart rate option is activated, the current heart rate is shown at the top left of the display.

If the **heart rate option is activated** the indicator arrows show whether the heart rate is below or above the selected training zone.

⏶

⏷
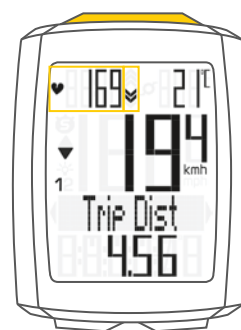
The time, which is also displayed if the heart rate option is disabled, is now accessed as a function by pressing the **BIKE** button.

Button allocation with the heart rate option

If the heart rate option is activated, the heart rate functions can be accessed by pressing the TPC (TOTAL/PULSE/CAD) button.

When the heart rate option is activated, the TPC (TOTAL/PULSE/CAD) button has the following functions:
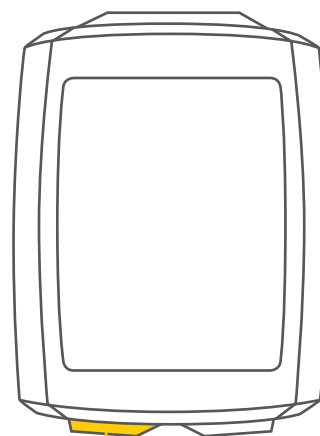
TPC (TOTAL/PULSE/CAD)
In function mode:
– Access the heart rate functions
  (scroll forwards through the functions)
– Select the heart rate training zone
  (press and hold)

In setting mode:
– Scroll in the setting menu (backwards)
– Change the data to be set (decrease)

Functions in the heart rate option

If the heart rate option is activated, the heart rate functions are accessed by pressing the TPC (TOTAL/PULSE/CAD) button.

The following functions can be sequentially accessed:

Zones graph
With the current heart rate as a percentage of the personal maximum heart rate and an indicator of the selected training zone (FIT/FAT/OWN).

Calories
Indicates the calories burnt on the current trip.

Average heart rate
Indicates the average heart rate on the current trip.
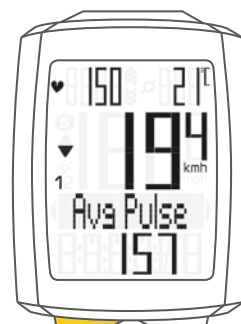
Maximum heart rate
Indicates the maximum heart rate on the current trip.

Time below
the selected training zone.

Indicates the time during which the current heart rate was under the lower limit for the training zone.

Functions in the heart rate option

Time in
the selected training zone.

Indicates the time during which the current heart rate was within the selected training zone.

Time above
the selected training zone.

Indicates the time during which the current heart rate was above the upper limit for the training zone.

Selecting the heart rate training zone

If the heart rate option is activated, you can choose between three training zones:

Training zone FAT
Select this training zone if you want to promote optimum fat burning while training.
Lower limit: 55 percent of the HR max
Upper limit: 70 percent of the HR max

Training zone FIT
Select this training zone if you want to enhance your general fitness.
Lower limit: 70 percent of the HR max
Upper limit: 80 percent of the HR max

Training zone OWN
Select this training zone if you have defined your own training target. You can set the lower and upper limits in the settings under **MY DATA**.

How to set the limits:

Press and hold the TPC (TOTAL/PULSE/CAD) button until the **heart rate zone** selection menu opens.

Based on the calculated or set HR max, the calculated or set lower and upper limits for the respective training zone will appear on the display.

Press the **BIKE** or **TPC button** to select one of the three training zones.

Press the **SET button** to confirm the selection.

The VDO M5 confirms your selection by displaying the text **"Set OK"**.

The M5 automatically returns to function mode.

Activating the cadence option

The VDO M5 can also display the cadence.

ATTENTION: to display the cadence, the VDO cadence transmitter, product no. CP3012, must be installed.

The cadence option must be activated in the settings.

How to activate the cadence option:
Press and hold the SET button until the settings menu opens.
Press the **BIKE button** to move from **Totals to Settings**.

Press the **SET button** to open the settings.
"Language" appears on the display.

Press the **BIKE** or **TPC button** to scroll to the setting for the **Sensor**.

Press the **SET button** to open the setting for the sensors.

Press the**SET button** to confirm **HR OFF**.

You can now press the **BIKE button** to activate the **cadence**.
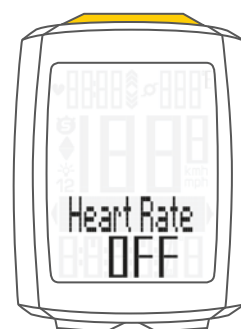
Press the **Bike button** to switch from **OFF to ON**.

Press the **SET button** to confirm your selection.
The cadence option is now activated.
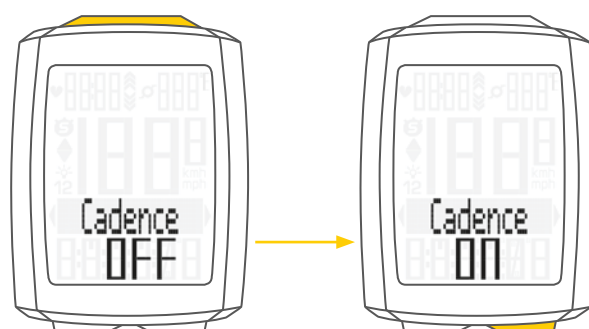
Activating the cadence option

The VDO M5 confirms the setting by displaying the text
"Set OK".

If you want to configure further settings,
press the **BIKE button** to access these.

If you do not want to configure any further settings,
press and hold the SET button.
The settings menu closes.

The VDO M5 returns to function mode.

Display when using the cadence option

If the cadence option is activated, the current cadence is
shown at the top right of the display.

The **temperature indicator** can now be found in the
BIKE function menu.
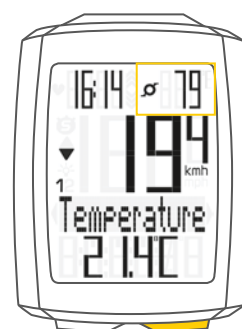
Button allocation and functions with the cadence option

If the cadence option is activated, the cadence functions are displayed by pressing the TPC (TOTAL/PULSE/CAD) button.

Current cadence:
Permanently shown on the top right of the display.

Average cadence CAD AVG:
The average cadence for the current trip is displayed.

Maximum cadence CAD MAX:
The maximum cadence for the current trip is displayed.

Attaching the cadence transmitter

A description of how to attach the cadence transmitter can be found in the cadence transmitter instruction manual.

A video of how to attach the cadence transmitter can be found at: www.vdocyclecomputing.com/service

Heart rate + cadence option

On the VDO M5, you can **simultaneously** activate the heart rate and cadence options.
The heart rate and cadence are both shown on the display simultaneously.

For how to activate the heart rate option, see page 45.

For how to activate the cadence option, see page 50.

Display with heart rate + cadence

If both the heart rate and cadence options are activated both values are simultaneously shown on the display.

The current heart rate is displayed at the top left instead of the time.

The cadence is displayed on the top right instead of the temperature.
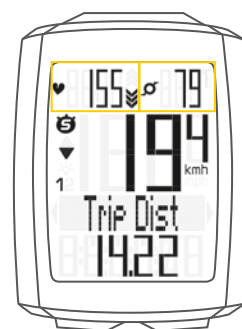
The time and temperature can now be accessed by pressing the **BIKE button**.
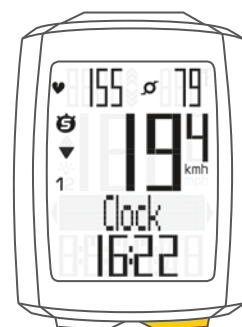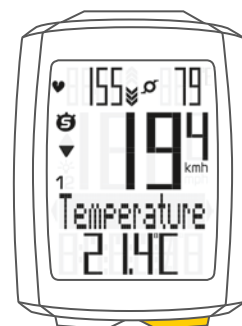
Button allocation/functions with the heart rate + cadence options

All heart rate and cadence functions are accessed by pressing the **TPC (TOTAL/PULSE/CAD) button**.

A description of the heart rate functions can be found on page 47.

A description of the cadence functions can be found on page 54.
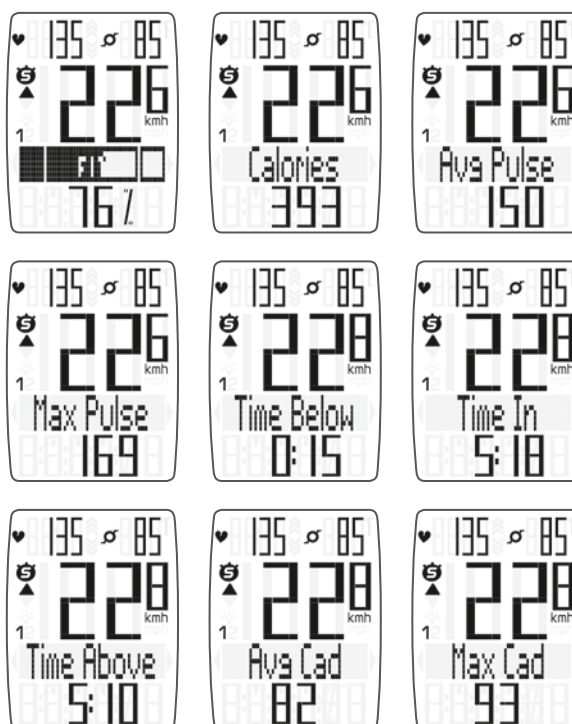
Battery status indicator

The VDO M5 has a **low battery warning**.
If the remaining battery capacity falls below a certain level,
a warning appears on the display.

Press any button to clear the warning.
Following a **low battery warning**, you still have
approximately two weeks to replace the battery.

You also receive **low battery warnings** for the
speed transmitter, **heart rate transmitter** and
 cadence transmitter.

Replacing the battery in the computer

To ensure your cycle computer is fully functional,
we recommend **replacing the battery annually**.

ATTENTION: your settings, total distance and total ride time
information remain stored when you replace the battery.
NO data is lost.

You need a 3 V 2450 battery.
We recommend using a branded battery from Sony,
Panasonic, Varta or Duracell.

How to replace the battery:

STEP 1
Use a coin to remove the battery compartment cover.

STEP 2
Remove the dead battery.

ATTENTION: Wait for **10 seconds** before inserting the new
battery. The electronics need this time to recognise that the
battery is being changed.

STEP 3
Insert the battery into the computer housing with the +pole
up. Ensure that the battery is not tilted.
Ensure that the rubber seal lies smoothly on the lid of the
battery compartment.

STEP 4
Insert the battery compartment cover into the opening and
use a coin to turn it to right as far as it will go.
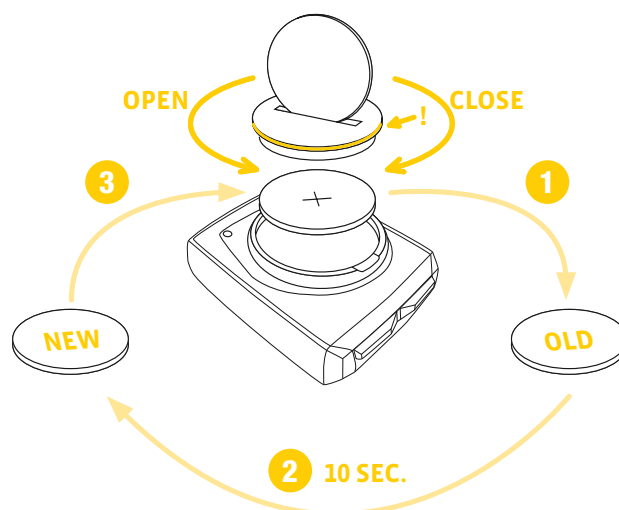
Replacing the battery in the speed transmitter

The battery in the speed transmitter **should be replaced annually** to guarantee seamless wireless transmission.

You need a 3 V 2032 battery.
We recommend using a branded battery from Sony, Panasonic, Varta or Duracell.

How to replace the battery:

STEP 1
Use a coin to remove the battery compartment cover.

STEP 2
Remove the dead battery.

ATTENTION: **Wait** for **10 seconds** before inserting the new battery. The electronics need this time to recognise that the battery is being changed.

STEP 3
Insert the battery into the transmitter housing with the +pole up. Ensure that the battery is not tilted.
Ensure that the rubber seal lies smoothly on the lid of the battery compartment.

STEP 4
Insert the battery compartment cover into the opening and use a coin to turn it to right as far as it will go.

OPEN   CLOSE
3   1
NEW   OLD
2   10 SEC.
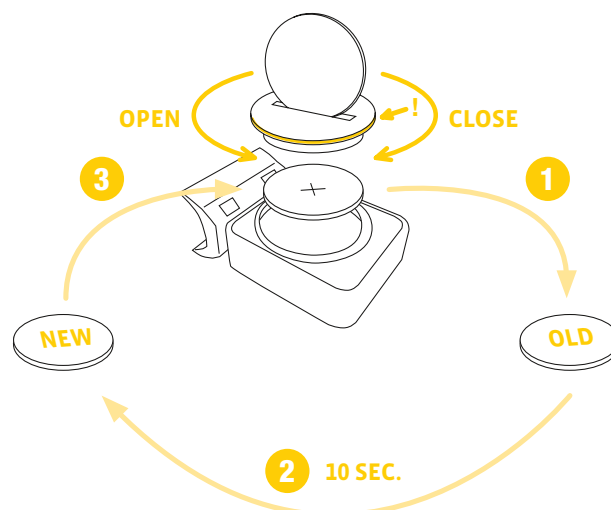
Terms of guarantee

VDO Cycle Parts offers a **two-year** guarantee on your VDO computer,**starting from the date of purchase**. This guarantee covers material and processing defects on the computer itself, the sensor/transmitter and the handlebar bracket. Cables, batteries and mounting materials are not covered by the guarantee.

The guarantee is only valid if the affected components have not been opened (exception: computer's battery compartment), no force has been used and there is no sign of wilful damage.

Please store the purchase receipt in a safe place as it must be submitted in the event of a complaint.

If your complaint is legitimate, you will receive a comparable replacement device. You are not entitled to a replacement of the identical model if the model in question is no longer in production due to a model change.
Please contact the dealer from whom you purchased the device for all complaints and guarantee claims. Alternatively, send your complaint directly to:

Cycle Parts GmbH
Le Quartier Hornbach 13
67433 Neustadt/Weinstrasse

If you have any technical questions, please do not hesitate to call our hotline on:

+49 (0) 63 21- 95 82 7 - 10
+49 (0) 63 21- 95 82 7 - 18

Our telephone hotline is available to assist you
9:00-12:00, Monday to Friday
service@cycleparts.de

Additional technical information is available at:
www.vdocyclecomputing.com

We reserve the right to make technical changes in the course of further development.

Troubleshooting

Error	Possible cause	Correction
Half segments on the display (e.g. after a battery change)	Computer software not running correctly after battery change	Remove and re-insert the battery
No speed displayed	Distance from sensor to magnet too great or magnet not correctly aligned with the sensor position	Correct the sensor and magnet positions
No speed displayed	Computer not properly clicked into the handlebar bracket	Insert the computer into the handlebar bracket and rotate it as far as possible ("click")
No speed displayed	Wheel circumference is set incorrectly or to zero	Set the wheel circumference
No speed displayed	Battery in the transmitter is dead	Replace the battery in the transmitter
Display becomes weak	Battery dead	Check the battery, replace if nec.
No heart rate displayed	Heart rate sensor has not been selected.	Select the heart rate sensor from the sensor selection area
No heart rate displayed	Heart rate sensor has not been paired	Activate the heart rate sensor, correctly position the heart rate chest belt on your body. Insert the computer into the handlebar bracket, heart rate symbol flashes to indicate pairing
No heart rate displayed	Battery in the heart rate chest belt is dead	Replace the battery in the heart rate chest belt
No cadence displayed	Cadence sensor has not been paired	Activate the cadence sensor, insert the computer into the handlebar bracket, cadence symbol flashes to indicate pairing
No cadence displayed	Battery in the cadence transmitter is dead	Replace the battery in the cadence transmitter

Technical specifications

Computer:
Approx. 49 H x 38 W x 12 D mm
Display:
H approx. 39 mm, W approx. 29 mm

Computer weight:
Approx. 30 g
Handlebar bracket weight:
Approx. 10 g
Speed transmitter weight:
Approx. 20 g
Cadence transmitter weight:
Approx. 20 g
Heart rate transmitter weight:
Approx. 50 g

Computer battery:
3V, type 2450
Computer battery service life:
Approx. 2 years (approx. 400 ride hours,
approx. 8,000 km (5,000 mi)

Speed transmitter battery:
3V, type 2032
Speed transmitter battery life:
Approx. 1.5 years (approx. 1,000 ride hours,
approx. 20,000 km (12,000 mi)

Cadence transmitter battery:
3V, type 2032
Cadence transmitter battery life:
Approx. 1.5 years (approx. 1,000 ride hours,
approx. 20,000 km (12,000 mi)

Heart rate transmitter battery:
3V, type 2032
Heart rate transmitter battery life:
Approx. 1.5 years (approx. 1,000 ride hours,
approx. 20,000 km (12,000 mi)

Wireless transmission ranges:
Speed transmitter: 75 cm
Cadence transmitter: 90 cm
Heart rate transmitter: 75 cm

Temperature indicator range on the display:
-20°C to +70°C/-4°F to +158°F

Speed range for wheel size 2,155 mm:
Min 2.0 kmh,
Max 199 kmh

Ride time measurement range:
Up to 99:59:59 HH:MM:SS.
Trip distance odometer measurement range:
Up to value 9,999.99 km or mi
NAVIGATOR measurement range:
From -99.99 to +999.99 km or mi
Total km measurement range:
Up to value 99,999 km or mi
Total ride time measurement range:
9999:59 HHHH:MM
Heart rate measurement range:
40 to 240 bpm
Cadence measurement range:
20 to 180 rpm

Wheel circumference setting range:
From 100 mm to 3,999 mm (3.9 to 157.4 inches)

Correct disposal of this product (electrical waste)

(To be used in EU countries and other European countries with a separate collection system). The labelling on the product and the relevant literature indicates that it must not be disposed of with normal house-hold waste at the end of its service life. Please dispose of this device separately to other waste so as not to harm the environment or human health through uncontrolled waste disposal. Recycle the device to promote the sustainable reuse of material resources. Private users should contact the retailer from whom they purchased the product or the responsible

authorities to find out how they can recycle the device in an environment-friendly manner. Commercial users should contact their suppliers and consult the conditions of the sales agreement. This product must not be disposed of with other commercial waste.

EU declaration of conformity

We, CYCLE PARTS GmbH, Le Quartier Hornbach 13, D-67433 Neustadt/Weinstraße, declare that when used as intended, the VDO cycle computer with wireless transmission VDO M5 and all transmitters D3-SPD, D3-CAD, D3-HR comply with the essential requirements established in Article 3 of the R&TTE Directive 1999/5/EC.

The declaration of conformity can be viewed at: www.vdocyclecomputing.com.

Neustadt, October 2013

FCC-Addendum

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 undesired operation.

NOTE: 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 or more 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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

IC-Addendum

This device complies with Industry Canada licence-exempt RSS standard(s).
Operation is subject to the following two conditions:
(1) This device may not cause interference, and

(2) this device must accept any interference, including interference that may cause undesired operation of the device.

This Class digital apparatus complies with Canadian ICES-003.

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