



Honeywell

Wi-Fi® VisionPRO®
8000
User Guide



Features of your Wi-Fi VisionPRO thermostat

With your new thermostat, you can:

- Connect to the Internet to monitor and control your heating/cooling system.
- View and change your heating/cooling system settings.
- View and set temperature and schedules.
- Receive alerts via email and get automatic upgrades.
- View outdoor temperature and humidity.
- Download the free Total Connect Comfort app.

Once connected to Wi-Fi and registered to Total Connect Comfort, you can control your thermostat from anywhere through your laptop, tablet, or smartphone with the Total Connect Comfort app. The Total Connect Comfort free app is available for Apple® iPhone®, iPad® and iPod touch® devices at iTunes® or at Google Play® for all Android™ devices.



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Contact support. CompuTrainer support is not available for iOS or Android devices. You can download the Legacy apps from the following links. If it is older it may just work but if it doesn't, you'll need an upgrade from RacerMate. The documentation to upgrade the Computrainer forwards you to the same page stating they are closed. We are not aware if any other means to upgrade the handlebar unit are available. You can find that forum from the following link [Computrainer Forum](#). Once in calibration mode, spin up to the required speed on the handlebar unit and then coast. Once the new calibration value is displayed, press F3 to save the new value and resume the workout. NOTE: These adapters are out of stock at RacerMate, but you can find an alternative cable that we have tested here. To calibrate, just press F3. This will pause the workout and allow you to spin up and coast down to get a new calibration number. The old number shows on the bottom and 0.00 shows up on top. After the spindown, the new number will show up on top. Press F3 to save the new number. If the number is outside the range of 2.5 to 3.5 you may want to adjust the tension on the rear wheel. Tighten to make the number go up, and loosen to make the number go down. You can use the up and down arrows to adjust this by 5watt increments. You can also use F2 or the mode dropdown on the devices tab to switch to Slope mode. For cadence, speed, and power, any device that sends this data will be shown and recorded instead of the Computrainer data. For example, if you have a Quarq power meter and a Computrainer paired at the same time, cadence and power will be recorded from the Quarq and speed will be recorded from your Computrainer. The Computrainer will still use its power measurements internally to set the load on the trainer in ERG mode. Open that file by double clicking on it. Be sure to save the file and restart TrainerRoad for changes to take effect. <http://www.sensi-leszno.pl/userfiles/8-gear-manual-transmission.xml>

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For example, if it's on comm port 3 you'd change the line above to this. From Terminal, run. By unplugging the CT you should be able to figure out which one it is. It might be something like. Another way to tell is if your screen always displays proE when connected to the computer. For it to work with TrainerRoad, it needs to display the calibration screen when connected to the computer. See the CompuTrainer Manual for more details. You can contact CompuTrainer to order a new one. Our support experts are here to help. Send us a message and we'll help get you back to training. Don't worry, we will have this set up at the studio, but please read thoroughly so you are familiar with it when you arrive. For an improved shopping experience, we recommend that you use the most recent versions of Google Chrome, Safari, or Firefox. Built with RacerMate's signature durability. Enjoy the most realistic, science grade training experience on the world's most advanced cycle ergometer for less than the price of other research ergometers. Throughout the past 10 years, over 1000 sports science research reports have cited Velotron as their testing equipment. Smooth virtual shifting pedal hard through the gear shift, with no wait or friction. Engineered with powdercoated, rustproof stainless steel. Shipping weight approximately 200 lbs. All last winter I meant to write up a review of it. But alas, it never happened. Until now. First, it generates load wattage via a computerized interface. This is done via the little control panel or via a computer. A computer is not required though. So in some ways it's like combining a power meter with a trainer from a cost standpoint. The list of pro's who use one is long, but would it make a difference for an age grouper like me. There's also a HRM strap and then the wireless receiver for that. Everything else simply

connects all the pieces together in just a minute or two. Note that you have to do the pedaling, just like a stationary bike. <http://www.prestyl.fr/upload/8-gig-ipod-manual.xml>

Stop and start merely controls the timer aspects. In all honestly, the stacks upon stacks of paper actually make the situation worse and more complex than it needs to be. There's numerous "Read me 1st" sheets. If you weren't confused before, you'll be confused now. And I'm a software engineer. The best way to approach this task is to simply walk piece by piece through all of the papers. This whole process may take a long time. And if you do it right, you'll finally be ready to go. You simply have the console on your handlebar and control the resistance that way. A timer keeps track of your workout, and it will also show you MPH, HR, RPM's, and distance. The reason folks would use this is for cases where recording data wasn't important. I'll detail them all here, one by one. Here's a link to a list from their web page as well. Yes, the little silver man. Essentially you race against the little dude on 3D courses you select. And if you can't find the course you want, you can always make it yourself using any GPS file of a course or route using this software. You can also download GPS files for basically every place on earth from Motion Based for free. And it feels amazingly realistic. When you sail downhill it feels like you're actually going downhill. And combined with the sortarealistic graphics, it successfully tricks your mind into believing that. Regrettably, the same with going uphill. And also just like outside, if you fail to shift correctly on a steep uphill section you'll find yourself stopped and sorta stuck. You can adjust the wattage of the little man. Meaning, you specify what wattage he is going to ride. The default is 200w. And then you try and beat him. You of course can ride alone as well. But beating him provides incentive. It's incredibly addicting. You can see the two lines of numbers along the button. The red line is my numbers, the white line is his numbers. Or a friends file if they send it to ya.

The little man then represents your last time riding it exactly as you rode it. It's where I spend hours each week. My coach specifies workouts using wattages and heart rates and then I complete them in CS. Instead you see a continually moving line graph. At the end you can save your performance files. In my case I save them and then upload them to Training Peaks where my coach tells me what I did right or wrong. You can also import them straight into Sports Tracks using a little plugin available for free. Not across the internet that'd be cool. It's mindboggling how it works. But it's also really fascinating to see how efficient or not very efficient one's stroke is. And it analyzes in real time each leg. So you sit there and spin away either just standalone, or while racing a course and at the same time it shows you this bloblike graph that fluctuates depending on any dead spots in your pedal stroke. It helps me to see where all my dead spots are. Dead spots are places where you're not driving the pedal on both sides, but instead letting one leg do the work for example, on the upstroke. You can customize the logo's, text and data shown. Here's a sample from last year sometime, while racing the Wildflower Oly Course. So check that out! Of course, this is the one piece that EVERYONE is superexcited about, so I figure I'd at least mention it here. Real Course Videos are fairly new to CompuTrainer, only introduced about a year ago. They go out and record the entire course in high quality video and then the CompuTrainer software synchronizes your speed to the video. So if you go faster, the video goes faster. They record it at speeds such that it looks natural though when you ride it unless you fall off your bike or something. It's very cool and makes time fly by. I have both the CDA and Kona courses, but there's many more courses. There's a full list of all the courses available here.

Thus I think I've ridden it enough to be able to write up a pretty comprehensive review. If used correctly, you can develop very focused and specific workouts to address cycling weaknesses. The thing that makes trainers so effective is there are no breaks. The CT is the same way. If I do a multihour Zone 2 Z2 heart rate session I don't get a downhill break. I don't get a stoplight break. A Z2 pace may not sound hard, but maintaining a perfect cadence without a single second of break for two hours is rather tiring. Or from 19 MPH to 22.8 MPH. Now, obviously some of that also comes

from long painful mountain rides every weekend. But two hour tough trainer sessions made a big difference. Without a doubt its made my cycling faster and more efficient, and much faster than a pair of race wheels for the same price could do. I generally will respond and post here any questions within about 24 hours. Thanks for reading! Your email address will not be published. Required fields are marked. If you would like a profile picture, simply register at Gravatar, which works here on DCR and across the web. You have perked my interest while I wait for my tax refund to be deposited. I would never get to use it Then we race! Thanks! Did you consider any other trainers before buying the CompuTrainer. Specifically TacX and the like. If so, what made you settle on the Compu It sounds like it is light years beyond my process of having Coach Troy keeping me going via a selection of various Spinervals DVDs. I wish there was something like this for running, since I don't bike much. I hope to one day be at a level of fitness and obsession to start eying one of those babies up. Anything that helps your training so specifically is good. Specifically TacX and the like. If so, what made you settle on the Compu" For me that was mostly the deciding factor. Have you figured out a way to get full data from a Computrainer ride into the Sports Track software Thanks! Super easy and efficient.

<https://drpatoconnor.com/images/cambridge-soundworks-mc500-manual.pdf>

Unfortunately, I'm the only Christmas elf with the purse strings. Your criticism of the 1995esq interface cracked me up. No one would ever know you're a software guy. The manual seems very insistent about this, but for the most part it seems really timeconsuming especially when you factor in having to reset the device each time, etc. One thing is for sure it would be cheaper and could be used year round. I have a P4, but don't like the idea of putting that expensive of a bike on it and sweating all over it. My thinking is that I want to train on what I race. Otherwise, you run into all sorts of position weirdness, and more importantly, with different fits you'll work slightly different muscle fibers. I hope you plan to review RacerMate1 when it is released. I really miss it. I guess that also means we know longer need our fluid trainers. Could we hook both of us up to one computer. We have shyed away from purchasing a CT because we are NOT good with computers and need something that isn't going to cause us a ton of aggravation every time we want to use it. I would appreciate if you can provide guidance on two questions on the software The report at the end gives an average watts for the ride. Is that the same as FTP. If not how does one get that number out of CT software without having to join Training Peaks. Second question, if Training Peaks is only way to achieve this how do you actually take CT file to Training Peaks software I need some ideas on setting up the cadence strap and accompanying magnet since the space between my bike crank and the thingy the cadence sensor attaches to is too narrow. Can't wait to try their newest software. My race performance is DIRECTLY correlated to how much I use the CT. One problem recently got back on, and my data recording rate now seems to default to around 6 seconds, where previously this was about 1 sec. I can't seem to find a setting to adjust. Any help would be awesome! Any thoughts on those. Thanks for the review!

<http://dutafaras.com/images/cambridge-soundworks-fourpointsurround-fps1600-manual.pdf>

I have a Cyclops fluid trainer and it is quieter. It is also quieter than my rollers. I've heard that this can be a little frustrating if you aren't evenly matched. Most people buy extra cadence sensors and swap bikes on one CT. Just remember in the software to clarify which rider profile is active when you do the switch. As for ease of use, it is far more complex than a fluid trainer but the learning curve is manageable. Look up some good youtube video demonstrations and it will help a lot. Though, most of them are related to HW quirkiness. I've got a TACX unit coming to me shortly, so should be able to compare soon. Else you'll need to hook it up to two separate computers. One option would be using a laptop or something if you have that. I actually rarely use the computer portion and instead just use the handlebar unit. FTP is essentially a high water mark measurement of what you could sustain for an hour straight with nothing leftover. The avg watts is merely your average for that ride.

GC is free, TP is partially free, WKO isn't free, and ST is partially free. Only takes about 12 minutes to setup from scratch. Hugely appreciate that! I'll be purchasing either a CT or Tacx VR Fortius within the next few weeks leaning towards CT right now. I've seen the CT recommended setup, but they may just be spec'ing the minimum requirements, instead of the ideal specs for things like graphics card, etc. Also, if I go the CT route, do you think I should wait until RacerMate One SW is available before purchasing The software even RacerMate One just doesn't take advantage of anything beyond about 2003/2004 graphical capabilities. I'm relatively certain Solitare uses more graphical capability. Love it, use it all the time. Now am looking at swim trainers and wondered if you will be reviewing those anytime soon. Would appreciate your thoughts.

Thanks DJ If you had to buy a trainer today, would this still be your first choice You will see frustrations with any platform, but in my observation the CT forums are populated with questions about how to utilize the potential of the device while the Tacx forums are filled with tales of frustration getting the system to work reliably. There are exceptions of course, but this contrast is what made me incline to buy the CT. DC Rainmaker reviews certainly helped a lot but after looking at the Tacx system in details, I found that they are not built on par to the level of price they're asking for. If you look closely at many major component of the Tacx, you will find that they're weakly built. For instance, the release pedal is made of plastic and cannot safely be pushed with the foot. Same with the the quick release on the stand. Any honest salesman will admit this right on the shop floor. They replace them on a regular basis. Pressure screw for Rolling Resistance is extremely poor in quality. You simply can't torque them to the required pressure for climbing. I'm a machinist and robot designer so I can compare. If you climb with a Bushido or a Fortius, this will become a MAJOR issue to avoid choppyness, especially if you gear low. I and the cycle shop salesmen have never found a solution to that problem. In fact, they told me that it was a physic law limitation with the roller at 8% grade! and that it was intended to feel "natural". I know a store that may not sell Fortius this year because of that problem. Then, I could climb at 12% 85 RPM without annoying slipperage. The computrainer has been robustly built for that use and it is extremely easy to recalibrate on the fly at any Rolling Resistance. A review of that "saga" will be put soon on an external link. The bottomline is that it is very accurate and does the job in a poor graphic environment. This is why they don't have to pay the pros to use their product.

If you're not a triathlete, Real Course Video will kill you with boredom but Ergvideos will still be there as an excellent solution more on this later. And what about durability, even if the local supplier has a good service. Garantee will soon come to it's end. In my opinion, Tacx is investing way too much on it's image and not on the product read hardware. Web site is appealing, videos are so much cooler but they just don't seem to care for delivering the good. If you look closely at many major component of the Tacx, you will find that they're weakly built. Web site is appealing, videos are so much cooler but they just don't seem to care for delivering the good. They had us in pods of 8 racing each other on CT's. I became so addicted I purchased one when we moved from Philly for a couple of years. It has never broken and crashes rarely. I would give up my Parlee and Wilier and ride a Huffy with old 105 on it before I gave up the CT. The most important components on your bike are your legs, lungs and heart. CT will make all of these parts work that much better. I can set this up and watch tv for an hour and be more than occupied. Given the library of rides and being able to compete against yourself and others, it will never get boring. I love a 50 mile ride in the real world. Yet, a good hour and a quarter is a great workout. I love to download other's sessions and try to beat them. I love to try to beat my earlier efforts. I love to create rides with headwinds. When I'm lazy I love to wheelsuck off my last ride. You can create headwinds, wheelsuck, etc. Lovely. Thus, when you go downhill you still have to pedal. It is easier but coasting doesn't happen. This makes CT harder than real life. My wife and I are thinking about buying a second unit so we can race one another. You can buy their basic unit and still run 13 bikes on one screen. I would suggest finding a local training center which has CT. Go to their website and find one. Try the machine.

Yes, the graphics are Atari quality but, HD graphics, effects, etc. The newest software is still not available. But that is really of no concern since the old one does really well. There is nothing like saving your session and trying to beat it next time around. I love to see the faces of my friends when they try it for the first time and hit a 6% grade and realize that silly machine is actually doing a darn good job of replication. The reason this unit is expensive is they work, they are made by people who are dedicated to quality and accuracy, they also make parts for aircrafts, and few corners have been cut. The documentation is so old school its odd but still a fantastic product. Trainers eat tires and I enjoy quickly taking a bike, popping off the rear wheel, putting the trainer wheel on, and going for a ride. It was a very cool idea not very well executed. After a frustrating winter I gave up. The software was buggy and drove me crazy. Some days it wouldn't work at all. I finally gave up using it. The product support people were very nice but unable to solve my problem. I is stil a really cool idea with less than thrilling execution. It's even better! I had bought "inside ride" rollers but found I am just too much of a scaredy cat to get good enough at them to get a good workout from them, having crashed off them twice this really being the fault of having the rollers set up for a bike with a much longer wheel base than mine, which made it dreadfully unstable so I fell 2 times before my husband looked at it and saw the problem. In any case I have decided I want something that is anchored, not a free bike on rollers. It seems like it would be better to train on a bike set up to feel like your proper road bike. I was told if I didn't intend to use the CT in a multirider setup then the pro would work fine. The lab is recommended for multi rider because all of the resistance units will be calibrated evenly.

In the end it was only a 50 dollar difference so I went with the pro in the ofchance I ever do decide to go multi rider. I recall reading on the RacerMate forums from one of their staff that most units pass the additional testing. When you buy the lab model you are paying for their time to do additional calibration testing but the hardware is identical to most Pro models. In three years of riding, I've canceled only about 4 rides due to weather. I am inclined to send the CT back and get the very hefty refund of this expensive item. I am a pretty accomplished runner and an adequate Ironman triathlete, but its a lot of money to spend in my mind. Check out teh sidebar. Also, Trainer Road. They take the CT to the next level. Precise workouts with HD state of the art movies. Essentially, with ErgVidoes the user must keep pace with the wattages demanded by the program or the CT will bog you down. Stay up or get dropped. It has a very easy to use rock solid interface. I suspect the mfg. will require he buy one, but who knows. Any comparative review of computerized wattage based training needs ErgVideo in the mix. Of course, in the case of some of the platforms out there, the addons are a significant part of it. I was just wanting to see if you knew anything about using 3rd party software with the computrainer in particular sufferfest videos and tacx RLV. Seems like a much cheaper alternative to buying RLV direct from computrainer. Any ideas on this would be great. Best wishes I've had a CT for 15 years and used it way more frequently and effectively since I started using Eergvideos probably used it more in the last 3 years than in the first 12 put together. The software works, it's easy to set up your rides and you can't beat riding along with pros. I'm from over the pond in England and there is a purpose to this post and that is the RM1 upgrade is out i believe, have you got your hands on it or will you soon.

Damn expensive is right and I was trying to figure out if it was worth the hype. Thanks for the review, I think. Hubby's not going to be happy that I want to "upgrade" my fluid trainer to this.o I have spent the last several days simply trying to register my software. It went downhill from there. Customer service at Tacx is nonexistent. I decided to go with the Tacx Bushido based on reviews of the software and the graphics which seemed superior to Computrainer. This was a big mistake. What I failed to take into account were the multitude of users who had posted complaints about support and technical problems with Tacx. I figured that I am reasonably clever and I will be able to figure out how to get it working. Well here I am, one of the "unlucky" ones who has had nothing but trouble. There are many posts from people that are happy with the Tacx and the best I can ascertain

is that purchasing one is a bit like rolling the dice. At the end of the day, what I really want is a reliable trainer that will help me train more effectively. I have used a CT at a local gym for three years and it works very well, this in spite of being used by multiple riders for several hours a day. Of course this makes me feel even more foolish for purchasing a Tacx to try to save money. I just returned my Tacx Bushido with VR "upgrade" to Amazon and have purchased a Computrainer. Anyway, this is just one man's experience. My advice is to carefully consider the value of your time and how well you tolerate frustration. Trying to save a few dollars with Tacx did not work out well for me. I am a reasonably good TT and hold national age records and I was looking to train smarter and less of the miles I mainly ride 10s best time 19.26 and 25s best time 49.52 which one would you recommend of the three taking money out of the equation just a stability thing software wise. You could also toss in the Wahoo Kickr as an option.

And the most important what choices in cycling trainers are out there and currently available aside from Tacx that provide the virtual reality, GPS course making, and real life videos that make riding indoors fun and realistic. Also, now that it's 2013, if you had to pull the trigger on a cycling trainer, what would you buy today, or would you wait for something else? You provide a wealth of information and a great service to potential buyers. I personally thank you for your time and consideration in providing this info. Here's my current recommendations. The "con" seems to be its antiquated software and computer connectability, which, if you only want to train and sustain wattage, is less of a problem, or, if you must connect to your Mac, could be a huge issue. Am I right on all these points? The potential for 3rd party software development seems to be huge, but currently is limited, isn't it. Does the KICKR have anything like SpinScan. Does any other trainer have anything like SpinScan? As a newbie cyclist, I want to prioritize my smooth stroke development, and SpinScan looks like the ultimate tool. Units out there with developers, and the first wave of consumer units coming off the boat in the next few days will speed that even more. Developing a full stroke is slightly different however. Are you aware of a site where CT workouts and test protocols are posted and available. The reason I ask is that we are attempting to set up a multi-rider environment with CT and EV, using as large a screen as the HD vids will withstand. I realise that perhaps this is a hard one to quantify, as individual tastes may vary and distance from the screen is also a factor, but thought I'd ask for comments before setting the whole thing up only to find that video quality is not up to scratch. Currently I'm awaiting a response from Paul S at EV, I will post any relevant comments here if I receive anything. And looking at their page, I don't see any indication they are today either.

Recent Ergo videos are definitely HD, but it seems not the Racermate ones. We had a reply from EV to the effect that picture quality on a 100 inch screen would be OK, but plan to check this out for ourselves. Regards, Roger. The only thing that's learning me towards the computrainer is that spin scan feature. I used it recently and did not notice how much lack in my upstroke which was basically nonexistent and also how imbalanced I was between the output of my left leg more vs. my right. HELP! I'd really recommend seeing both those reviews. A lot of folks talk about it, but a bit of recent evidence shows that by focusing on trying to alter one's stroke you actually decrease one's leg power output that lowers the overall output. Well, now I've evolved in moving past the computrainer like you suggested. While with the Kickr, it seems as if you have to pay for a monthly subscription for trainerroad.com or kineomap.com. I don't like that idea. I also don't like the fact that you have to take off the back wheel but it sounds like it'll provide more accuracy and save me money in tires in the long run. I really just want the virtual reality component. Can you just make the decision for me and tell me that I'll be satisfied with it haha. As someone who has had the CT for a while do you find yourself still needed a normal stationary trainer. I'm debating if I would still need the KK Fluid trainer anymore. Not really sure why I'd use it to be honest. I have two questions 1. I have a Powertab and a computrainer both calibrated and all going well but giving different power data. Can I use both of these power meters while doing a 20 minute time trial on the computrainer. I would like to compare the power output of these power meters to what the computrainer is telling me.

Thanks, Bryan Other than no wires, no back wheel, and open API, is the ride that much different and I've read both your posts on it Thanks! But it's going to take software to catchup.

You can use PerfPro right now to do KICKR Multirider, but that's it. Not all quite set up yet. I have it attached to an older computer using Vista and there are some small issues with that. Can't find an answer to that and support at CT didn't know. How can I upload files from my CT into Garmin, TP, Strava. Your help is appreciated. Turns out the cheap laptop only has 128 MB of shared video memory but meets all the other system requirements. Considering that Computrainer has been around for so long, I find this hard to believe. Does anyone have any feedback about this, before I go overspending unnecessarily. Is this much video memory needed now because of RacerMate One. Also, once it is all set up, my plan is to project my computer screen onto my big screen TV using AppleTV which I already have and Air Parrot. Is this the most costeffective way to do this. Thanks for your help. I have an old PC desktop that I don't even use anymore since I have my Macs. I'm excited to get it all set up! Pretty fantastic except that it does way more than I could ever hope to understand. Do you know of a resource I could use as essentially a computrainer for dummies reference Thanks! That said, I'll boast that I probably know more about CompuTrainers than the owners and employees do, since none of them are cyclists or triathletes. It's an ecosystem with programming and analysis, and can help you get more out of your CT and the workouts. I'm also available for consulting, and am available on skype or phone. At one point, Online Bike Coach had a global audience of frustrated CT owners. We're more focused on the studios in Dallas at this point, but I can help you get over the ups and downs of ownership pretty well. Just send an email and we'll get started. Due to recent irreconcilable differences, I must now invest in a powertrainer. I've read your reviews on the CT, Kickr, and the "2013 Trainer Recommendations".