

**TCORX**  
FITNESS IN MOTION

# MANUALE D'ISTRUZIONI



## ROWERSEA COMPACT



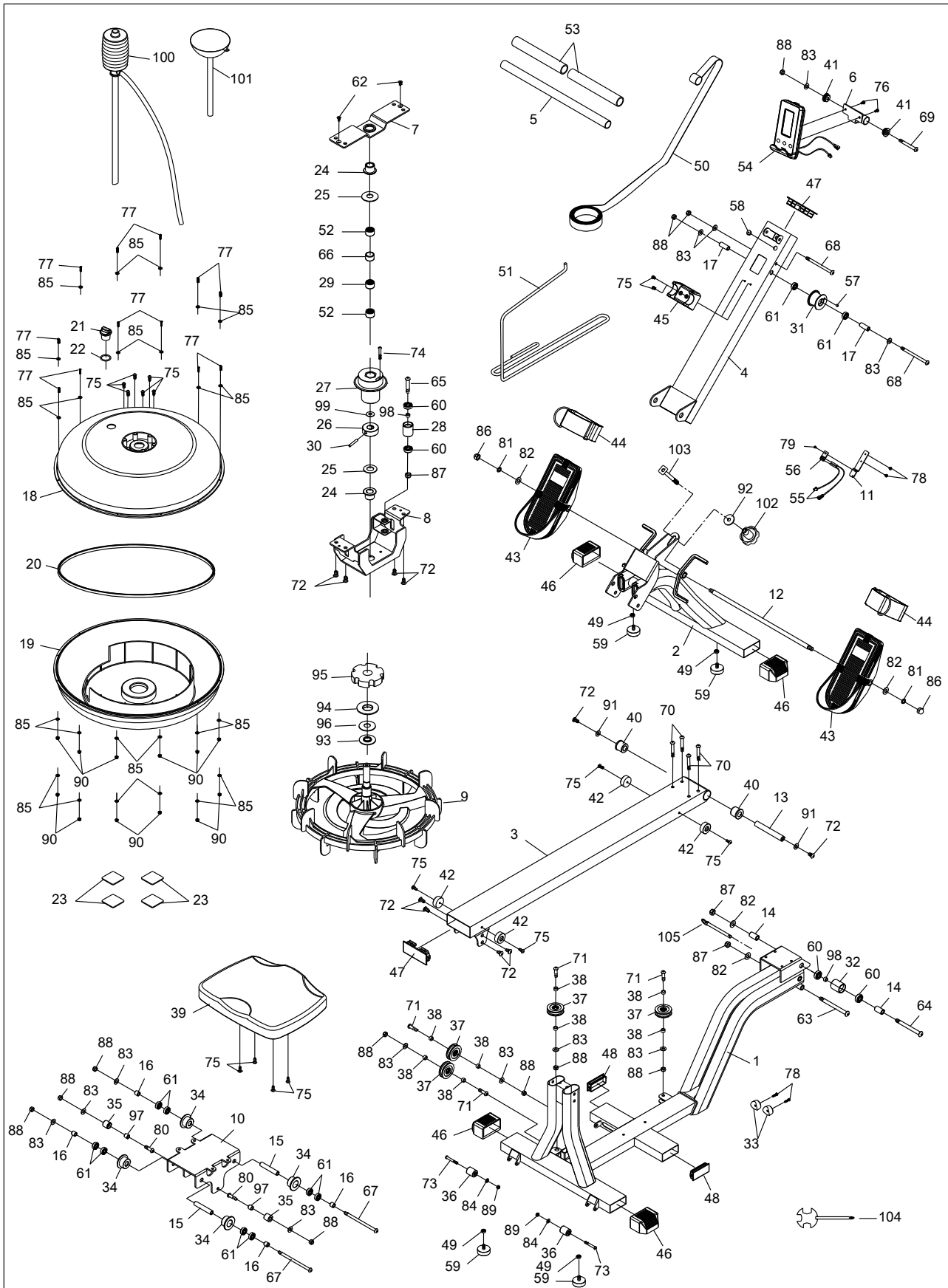
Cod : GRLDTCORXRWXSEC

Rev : 00

Ed : 09/19



# EXPLODED DRAWING



# PARTS LIST

Part	Part Name	Spec.	Qty
1	Main Frame		1
2	Front Support		1
3	Rail		1
4	Front post		1
5	Handlebar		1
6	Meter Plate		1
7	Mounting Bracket		1
8	Tank Brace		1
9	Impeller		1
10	Seat Carriage		1
11	Sensor Bracket		1
12	Pedal Shaft	Φ 12.7*440	1
13	Rail Shaft	Φ 16*114	1
14	Idle Roller Long Spacer	OD16*ID10.2*23	2
15	Roller Long Spacer	OD12.7*ID8.2*71.5	2
16	Roller Short Spacer	OD12.7*ID8.2*12	4
17	Strap Pulley Spacer	OD12.7*ID8.2*28.6	2
18	Upper Tank		1
19	Lower Tank		1
20	Rubber Ring Seal		1
21	Fill Plug		1
22	Fill Plug Seal		1
23	Lower Pad	50*50*T2.0	4
24	Strap/Bungee Pulley Bushing		2
25	Plastic Washer	Φ 40* Φ 20.5*2.0	2
26	Shaft Retainer	Φ 48* Φ 20*17	1
27	Strap/Bungee Pulley	Φ 100* Φ 28*90	1
28	Short Idle Roller		1
29	One-way Bearing	HF2016	1
30	Spring Pin	Φ 6 x 40mm	1
31	Strap Pulley	POM	1
32	Long Idle Roller		1
33	Cushion pad		2
34	Seat Roller		4
35	Lower Seat Roller		2
36	Moving Wheel	Φ 22*6.5*30	2
37	Bungee Pulley	Φ51.2*Φ8.5*14.7	4
38	Spacer for Bungee Pulley	Φ12 x Φ8.1 x 6.5mm	8

Part	Part Name	Spec.	Qty
54	Meter		1
55	Sensor Wire		2
56	Sensor Holder		1
57	Magnet	Φ 6*5mm	1
58	Grommet	Φ12*11*Φ3	1
59	Adjusting pad		4
60	Bearing	6000zz	4
61	Bearing	608zz	10
62	Bolt, Flat Socket Head	M6 x 10mm	2
63	Bolt, Button Head	M10 x 115mm	1
64	Bolt, Button Head	M10 x 105mm	1
65	Bolt, Button Head	M10 x 55mm	1
66	Bearing Spacer	OD30*ID26*36	1
67	Bolt, Button Head	M8 x 135mm	2
68	Bolt, Button Head	M8 x 110mm	2
69	Bolt, Button Head	M8 x 70mm	1
70	Bolt, Button Head	M8 x 50mm	4
71	Bolt, Button Head	M8 x 30mm	4
72	Bolt, Button Head	M8 x 15mm	10
73	Bolt, Button Head	M6 x 45mm	2
74	Bolt, Button Head	M5 x 35mm	1
75	Bolt, Button Head	M6 x 15mm	16
76	Bolt, Button Head	M5 x 10mm	2
77	Stainless Screw, Round Head	M3 x 20mm	12
78	Screw, Round Head	ST4.2 x 16mm	4
79	Screw, Round Head	M4 x 12mm	1
80	Shoulder Bolt, Button Head	Φ10*6.5*M8*18.5	2
81	Lock Washer	OD15*ID10.5*T2.5	2
82	Washer	OD20*ID10.5*T1.5	4
83	Washer	OD16*ID8.5*T1.5	12
84	Washer	OD13*ID6.5*T1.5	2
85	Washer	M3	24
86	Acorn Nut	M10	2
87	Nylock Nut	M10	3
88	Nylock Nut	M8	11
89	Nylock Nut	M6	2
90	Stainless Nylock Nut	M3	12
91	Large Washer	OD20*ID8.5*T1.5	2

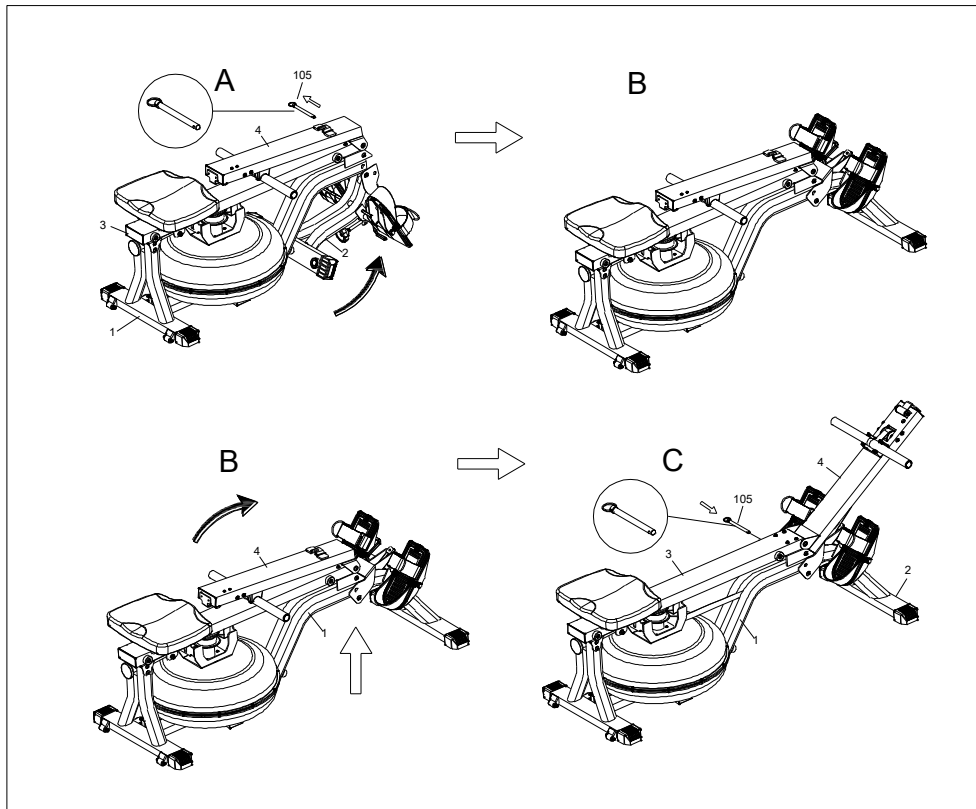
39	Seat	PU	1	92	Large Washer	OD25*ID10.5*T2.0	1
40	Rail Bushing	Φ16 x Φ31.8 x 12.5	2	93	Impeller Seal	Φ 50* Φ 19*5	1
41	Meter Plate Bushing	Φ 25.4* Φ 8.2*10	2	94	Tank Seal	Φ 40* Φ 27.4*6.8	1
42	Stopper	Φ33*Φ8*13	4	95	Foam Spacer	Φ98*Φ28*20	1
43	Pedal		2	96	PC Plate	OD40*ID20*0.2	1
44	Pedal Strap		2	97	Roller Spacer	Φ8.1 x Φ10 x 13mm	2
45	Handlebar Seat		1	98	Idle Roller Short Spacer	Φ14*1.5*19	2
46	End cap	30mm x 70mm	4	99	Stainless Washer	OD25*ID20.1*0.3	1
47	Rectangular Plug	40mm x 100mm	2	100	Syphon Pump		1
48	Rectangular Plug	30mm x 60mm	2	101	Funnel		1
49	Hexagon nut	M8	4	102	Knob	Φ60*M10	1
50	Strap		1	103	Knob Bolt		1
51	Bungee Cord		1	104	Combination Wrench		1
52	Needle Roller Bearing	HK2010	2	105	Safety Pin	Φ10*119	1
53	Hand Grip		2				

# **ASSEMBLY INSTRUCTIONS**

NOTE: We recommend having 2 people to assemble the product.

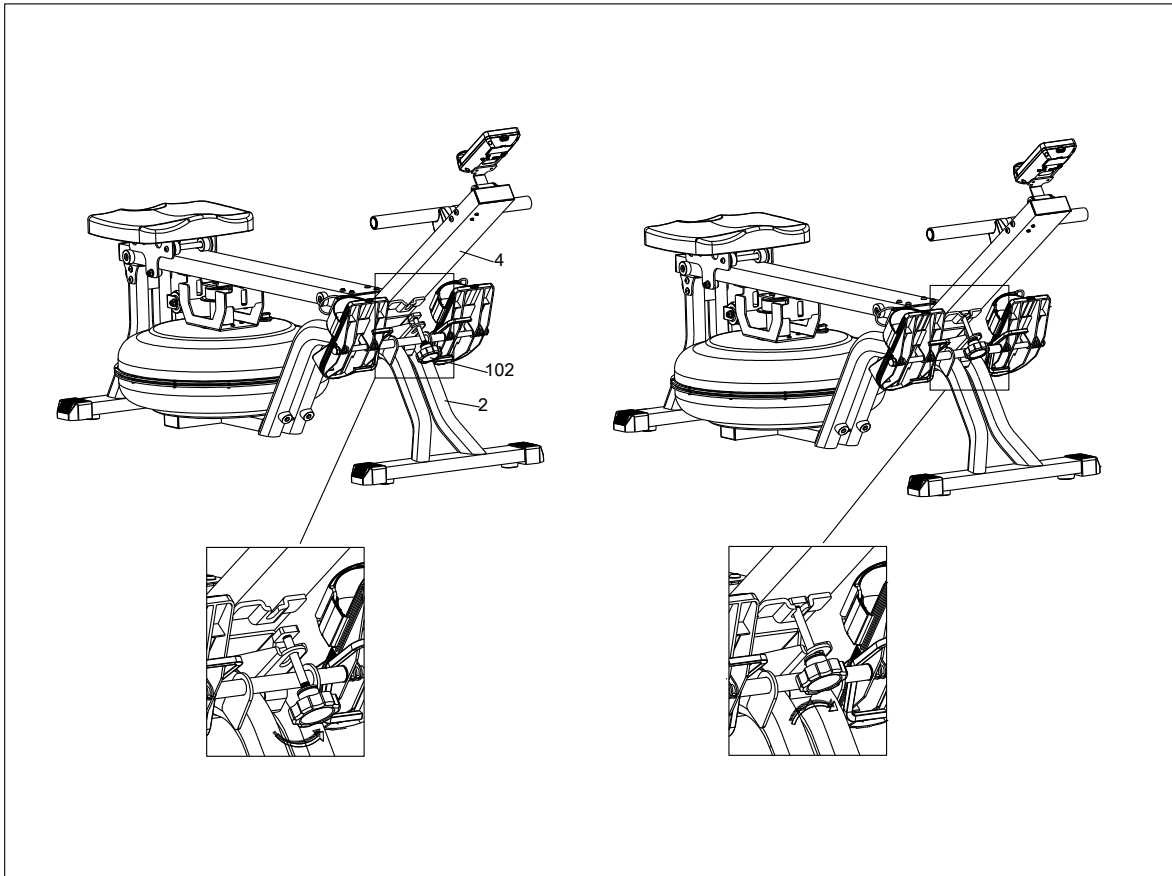
## **Step 1:**

1. Pull out safety pin (105) which is pre-assemble on the Main frame (1), and put the front support to the right place as below illustration(A)(B),
2. Put the front post (4) to right place as below image (B)(C)

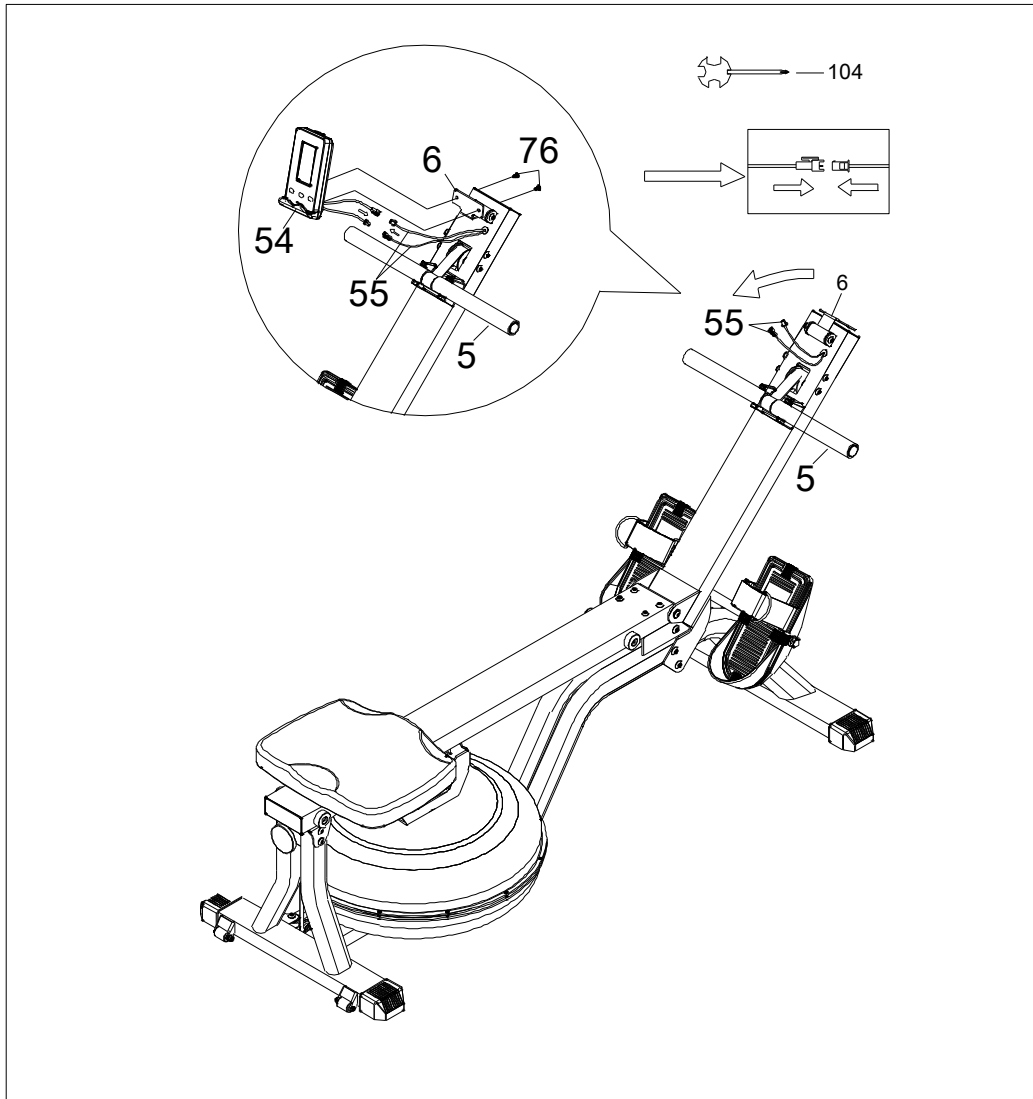


## **Step 2:**

Tighten the knob (102) on the back side of front post(4)



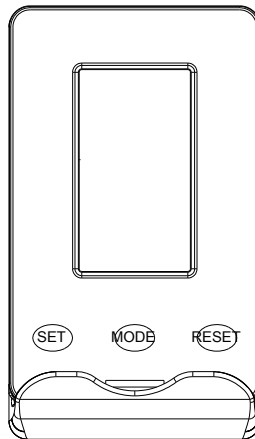
**Step 3:**



Connect the 2pc sensor wire (55) to meter (54).

Attach the computer (54) to meter plate (6), secure using two bolts (76)

# COMPUTER INSTRUCTIONS



## USING THE FITNESS METER

**POWER ON:** Move the handlebar or press any button.

**POWER OFF:** Automatically shuts off after 4 minutes of inactivity.

### FUNCTION BUTTONS :

**MODE :** In the setting mode, press and release to select each function for preset target values for **TIME**, **COUNT**, **DISTANCE**, **CALORIES**, and **PULSE**.

Press and release to select functions for display for **TIME**, **COUNT**, **DISTANCE**, **CALORIES**, and **PULSE**.

**SET :** In the setting mode, press to set target values. Press the button and hold it down for two seconds, the meter will continue to add the values, release the button to stop.

**RESET :** In the setting mode, press the button to reset the setting values to zero.

Press the button and hold it down for two seconds to reset all functions to zero.

### FUNCTIONS:

**SCAN:** Automatically scans **TIME**, **COUNT**, **DISTANCE**, **CALORIES**, and **PULSE** in sequence with a change every six seconds. Press and release the **MODE** button until “**SCAN**” appears on display.

**TIME:** Displays the time from 1 sec. up to 99:59 minutes. Counts down from preset value.

**COUNT :** Displays the total number of strokes you have taken from zero to 9999 strokes. Counts down from preset value.

**DISTANCE:** Displays distance from zero to 9999 meters. Counts down from preset value.

**CALORIES:** Displays the calories burned from zero to 9999 Kcal. Counts down from preset value.

The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

**PULSE:** Displays the heart rate, from 40 to 240 beats per minute.

To use this function, you must wear the **HEART RATE TRANSMITTER** around your chest so the receiver which is built into the rower registers your heart rate from the **HEART RATE TRANSMITTER** for displaying.

Each heart rate signal will be accompanied with one “❤️” symbol flash.

**NOTE:** The **HEART RATE TRANSMITTER** is not a medical device. Maintaining a consistent signal can be difficult due to the varying distances experienced during the rowing stroke. The pulse function is a great tool to optimize your workout, but should be used as a reference only.

### PRESET VALUES OPERATION:

You can pull on the **HANDLEBAR (5)** to power on the meter and workout with the meter directly. Or, you can



preset the function values for counting down. Press and release the **MODE** button until “**SCAN**” does not appear on display, the meter will enter setting mode. Use **SET** and **RESET** buttons to input the values, and press **MODE** button to confirm. Or, just press the **MODE** button to skip the setting and move on to the next function. After all the desired settings are chosen, begin pulling on the **HANDLEBAR (5)** to start the workout.

**Time (1:00 to 99:00) Count (10 to 9990) Distance (100 to 9900 meter) Calories (10 to 9990 Kcal)**

**NOTE:**

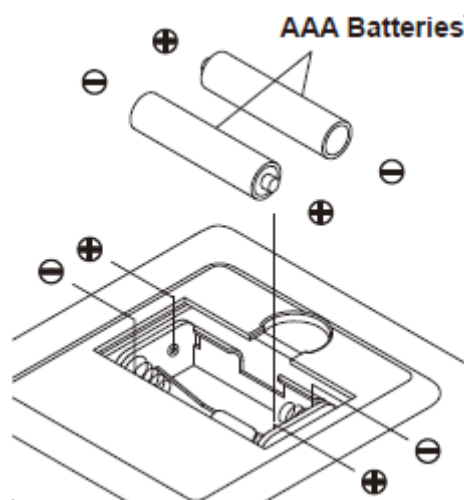
1. You may preset values for several functions. The preset function values will start to count down. When you complete one of the preset functions, the value of this completed function will start to count up, while the other preset functions will continue to count down.
2. The Meter will shut off automatically after 4 minutes of inactivity. All function values will be kept. You can continue to work out with these function values. Or, press the **RESET** or **MODE** button and hold it down for two seconds to reset all functions to zero.

**HOW TO INSTALL AND REPLACE BATTERIES: AA Batteries**

1. Open the Battery Door on the back of the meter.
2. The meter operates with two **AA** batteries (1.5V each), the batteries are not included. Refer to the illustration to install or replace the batteries.

**NOTE:**

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.
4. **Ultimate disposal of battery should be handled according to all state and federal laws and regulations.**
5. **Do not dispose of batteries in fire.**



## HOW TO FILL AND EMPTY THE TANK

1. Remove the **FILL PLUG(21)** from the **UPPER TANK(18)**.
2. To fill with water, refer to illustration C. Place the **FUNNEL(101)** into the tank. Use a water cup, or the **SYPHON PUMP(100)** and a bucket to fill the tank. Use Water Level Gauge on the side of tank to measure volume of water in tank to the desired level.
3. To empty tank, refer to illustration D. Place a bucket next to the rower. Use the **SYPHON PUMP(100)** to pump out the water from the tank into the bucket.
4. Once completed, insert the **FILL PLUG(21)** into the **UPPER TANK(18)**. Please wipe excess water from the frames after filling.

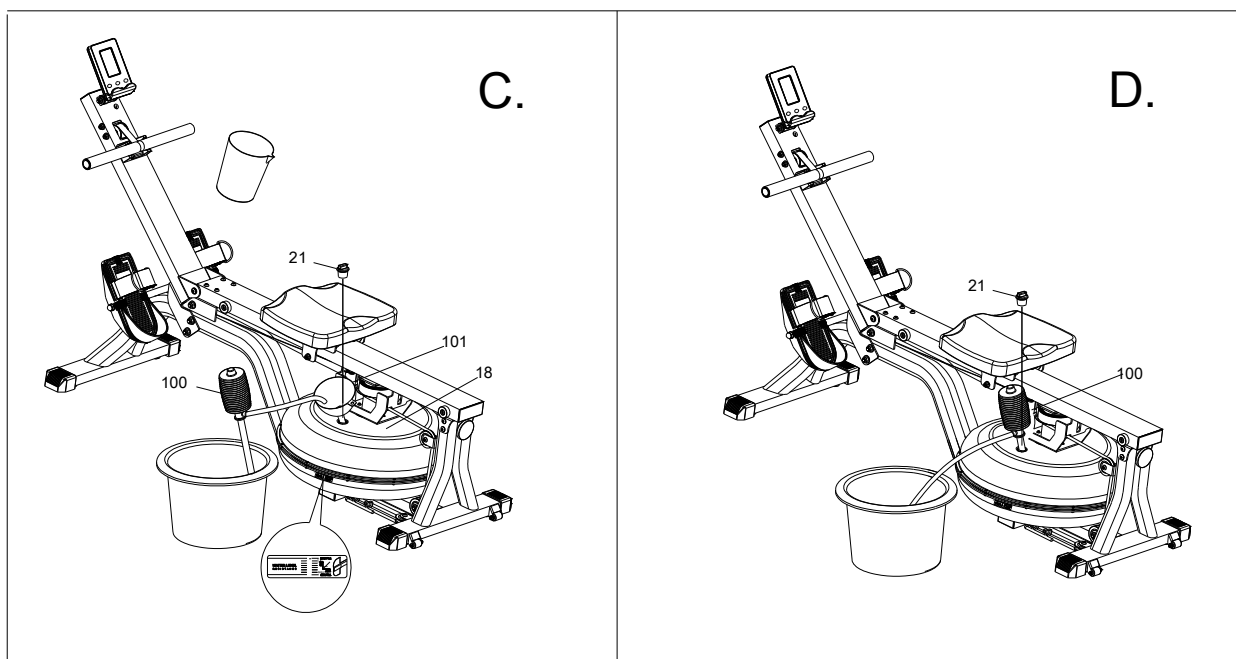
**NOTE:** 1. Fill the tank with municipal water, do not use well water. If municipal water is unavailable, use distilled water. Refer to the Maintenance section for recommendations on water treatment.

2. The water in the tank is not for human or animal consumption. Please dispose of the water properly after removal from the tank.

## WATER LEVEL

Refer to the detail view of illustration C. The Water Level Gauge is positioned on the side of the tank. The maximum level to fill the tank is Level 6. **DO NOT** fill above the Maximum Level - this could void the warranty. The standard calibration level is Level 6.

The amount of resistance is dictated by the amount of water in the tank. For example Level 2 of water offer light resistance, Level 6 offers the heaviest resistance.

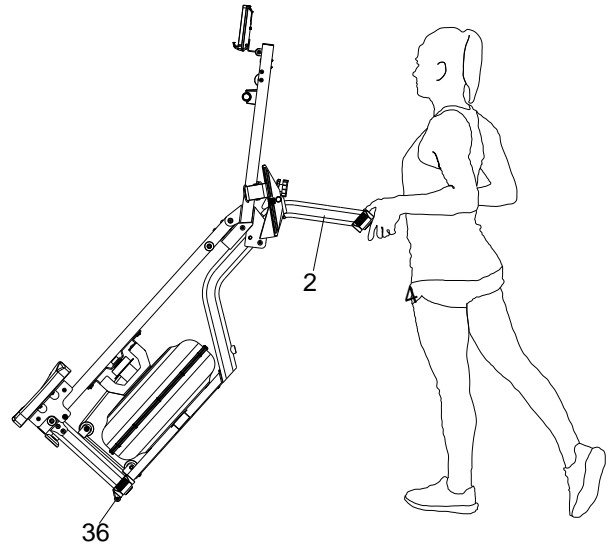


# ADJUSTMENT GUIDE

## ❖ MOVING THE MACHINE

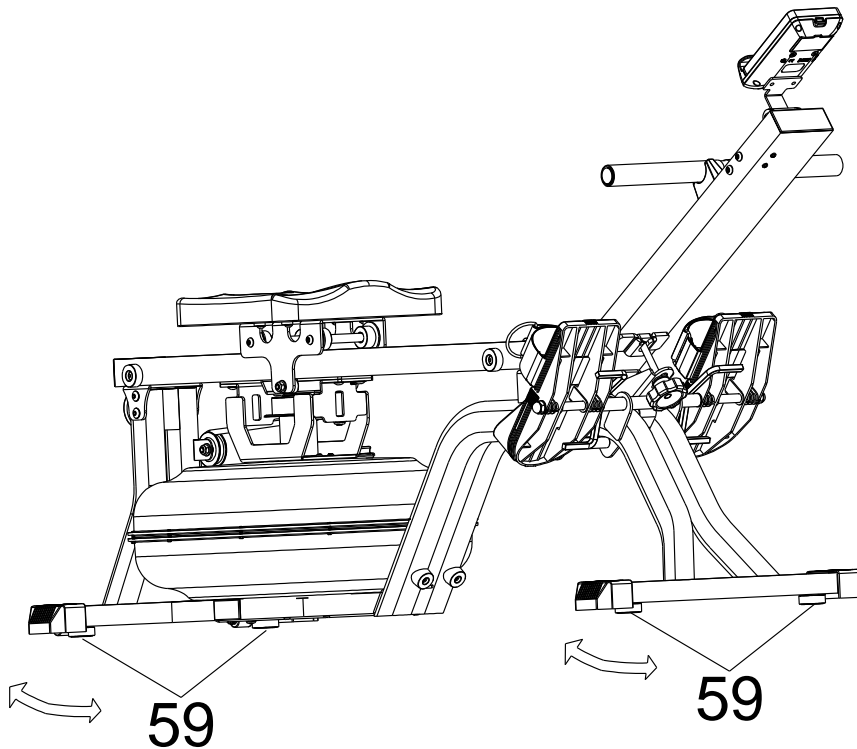
To move the machine, lift up the **Front Support (2)** until the **Moving wheels(36)** on the main frame touch the ground. With the wheels on the ground, you can transport the rower to the desired location with ease.

Adjust the **Stand(59)** below the Stabilizers of the machine if the it is unbalanced during use.



## ❖ STORAGE

1. To store the **Rower**, simply keep it in a clean dry place.
2. To avoid damage to the electronics, remove the batteries before storing the **Rower** for one year or more.
3. Remove water from tank if storing the rower for more than a month without use.



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#### FUNCTION LIST:

- A. Range : Rolling
- B. 2 pcs 3# battery.
- C. Main function : TIME、DISTANCE、CALORIE、SPM、STROKES、TOTAL STROKES、WATT、PULSE、Manual、INTERVAL 20-10、INTERVAL 10-20、INTERVAL CUSTOM、TARGET TIME、TARGET DISTANCE、TARGET CALORIES、TARGET STROKES、TARGET PULSE

#### DISPLAY FUNCTION:

- 1.SPM : range from 0~999。
- 2.TIME : range from 0:00~99:59, can count up and count down.
- 3.DISTANCE : 0~9999 K / M, can count up and count down.
- 4.CALORIES : range from 0~9999, can count up and count down.
- 5.WATT : range from 0~999。
- 6.PULSE : P~30~230。
- 7.Manual : general mode
- 8.INTERVAL : intermittent resting exercise mode.
- 9.TARGET : target control mode.
- 10.METER/MILE

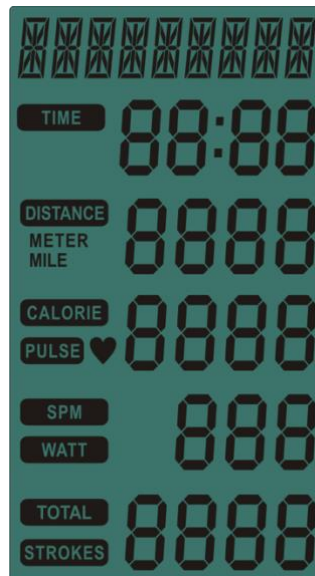
#### BUTTON FUNCTION :

- 1. SET KEY
  - A. Increase once press each time, long press for fast increase setting.
  - B. TIME setting range: 0:00~99:00 (INTERVAL function increases by 0:01, TIME function increases 0:01 for each time.)
  - C. CAL setting range: 0~9990 (Increase 10 for each adjustment)
  - D. DIST setting range: 0~9990 (Increase 10 for each adjustment)
  - E. STROKES setting range: 0~9990 (Increase 10 for each adjustment)
  - F. PULSE setting range: 30~230 (Preset value is 100, increase 1 for each adjustment)
  - G. In standby mode, with MODE KEY, press for 2 seconds can switch meter & mile.
- 2. MODE KEY
  - A. In function selection mode, press the button to confirm the function.
  - B. In setting mode, press the button to confirm the function.
  - C. In exercise mode, press the button into the pause mode.
  - H. In standby mode, with MODE KEY, press for 2 seconds can switch meter & mile.
- 3. RESET KEY
  - A. In function selection mode, press the button back to previous function.
  - B. In setting mode, press the button to clear the current set value.
  - C. In stop mode, press the button back to standby display.
  - D. When you press the button, there is "BI" sound to prompt.
  - E. Press three seconds can do TOTAL RESET, electronic watch will clear current exercise value, except TOTAL STROKES value
    - ※TOTAL STROKES value will clear automatically when the power is pulled out.

## POWER ON ,POWER OFF:

### POWER ON :

Power the LCD, the screen will display for 2 seconds (picture 1) and has a long beep for 2 seconds at the same time, then enter into standby mode.



Picture1

### POWER OFF :

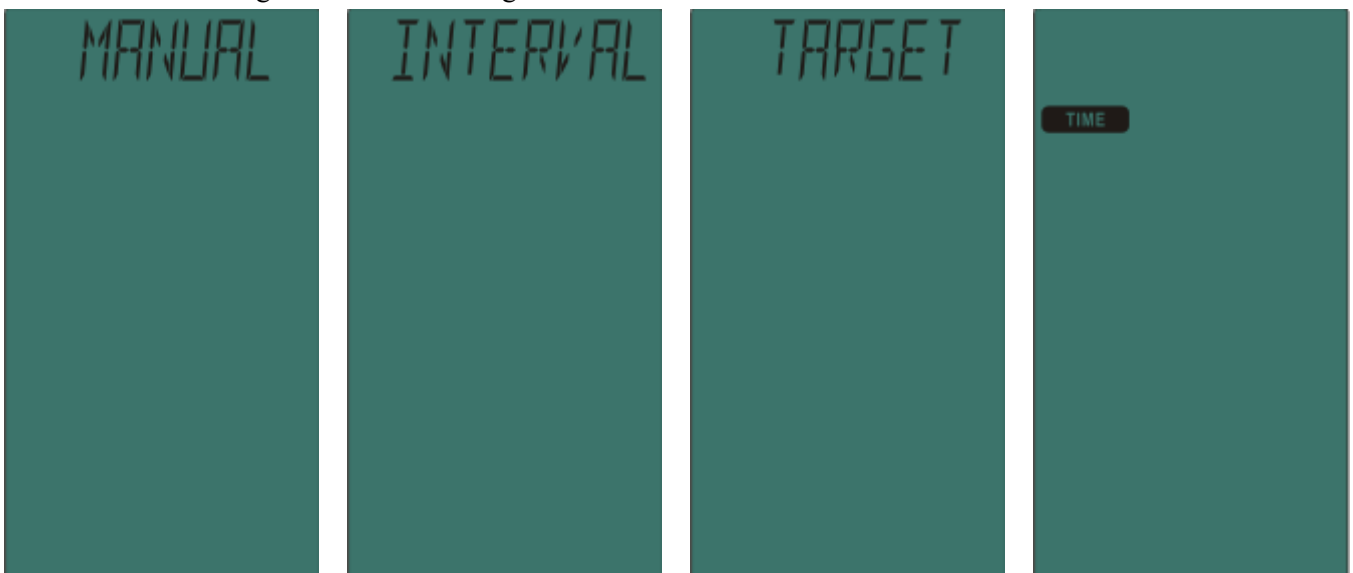
1. With any signal been transmitted into the monitor for 4 minutes, IC will enter into SLEEP mode.
2. With signal and keypad been transmitted, electronic watch will wake up.

## OPERATION PROCEDURE

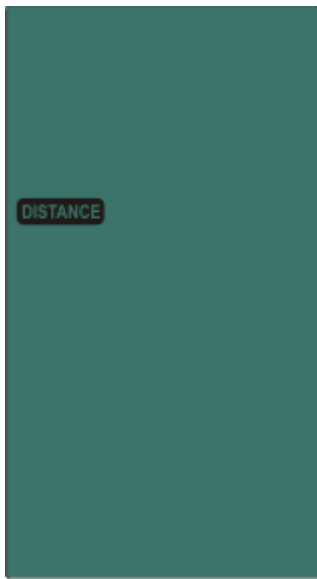
### POWER ON :

When power on (or press MODE/RESET 3 seconds), buzzer rings 2 seconds, LCD display 2 seconds, then enter into the standby mode.

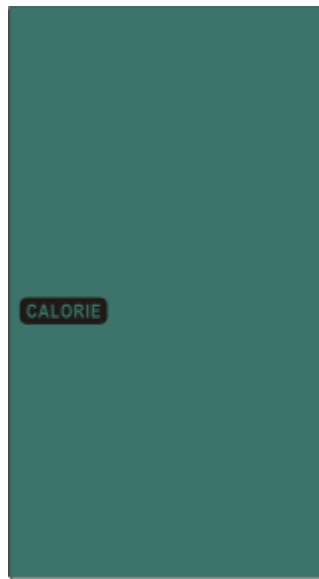
1. Standby mode :
  - A. When power on, the console h enter into standby mode, MANUAL, INTERVAL, TARGET, TIME, DISTANCE, CALORIE, PULSE, SPM, WATT, TOTAL STROKES, STROKES and SCAN will display 1 second in turn. (picture 2~picture 12)
  - B. In standby mode, user don't need to press any buttons. Electronic watch will enter into SLEEP when user don't transmit RPM signal and heart rate signal for 4 minutes.



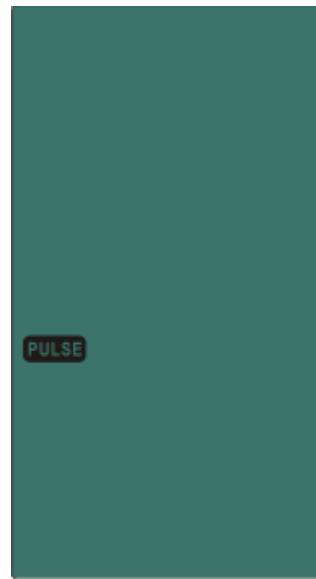
Picture2



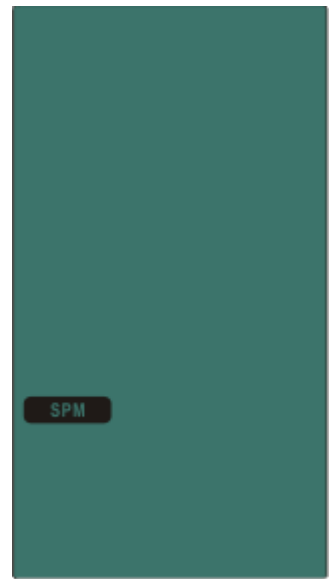
Picture3



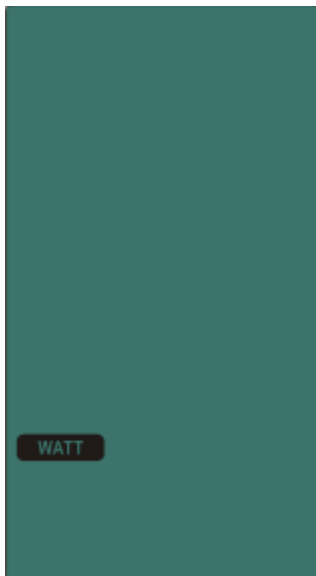
Picture4



Picture5



Picture6



Picture7



Picture8



Picture9

Picture10

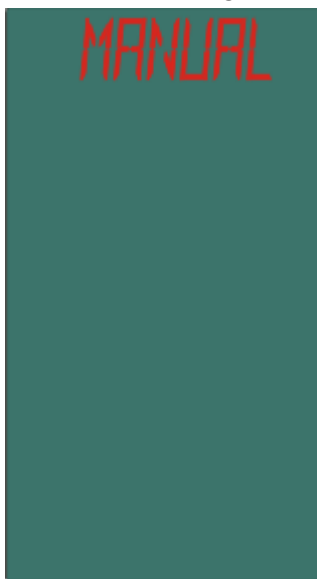
Picture11

Picture12

## 2. MANUAL :

- A. In standby mode, with been RPM signal been transmitted, then QUICK START immediately, the buzzer beeps at the same time.(picture 15~picture16)r
- B. Or in standby mode, press MODE KEY, MANUAL blinks(picture 14), then press MODE KEY to start MANUAL function, buzzer beeps for 1 minutes.
- C. LCD screen display MANUAL, TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES start to count according to operation value and display. CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES will switch to display in every 5 seconds (picture 15~16)。
- D. When start exercising,user don't need to press any buttons, with no RPM signal and heart rate signal been transmitted for 4 minutes , then buzzer beeps 0.5 second and enter into standby mode.
- E. When user is exercising, press MODE KEY, EXERCISE stop blinking, TIME,DISTANCE display current exercise value. CALORIES, PULSE, TOTAL STROKES and STROKES switch display after 5 seconds, PULSE display heart rate.(picture 17~18)。
- F. When exercise stop and display STOP is blinking, press MODE KEY, electronic watch continues to perform

exercise picture. If user press RESET KEY in STOP, electronic watch enter into standby. If user don't press any buttons or finish training, electronic watch enter into standby.



Picture14



Picture15



Picture16



Picture17



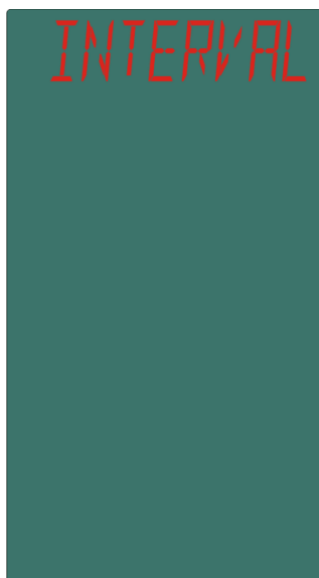
Picture18

### 3. INTERVAL :

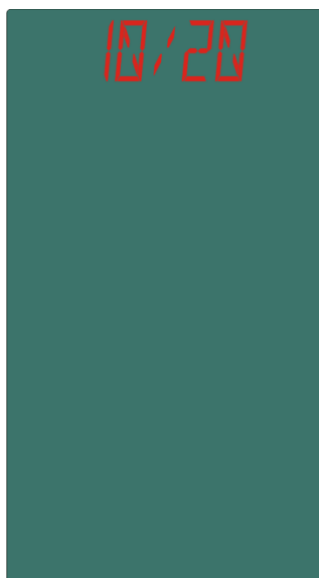
In standby mode, press MODE KEY and SET to switch and choose INTERVAL function, INTERVAL blinks (picture 19)

#### (1) INTERVAL 10/20

- A. When INTERVAL is blinking, press MODE KEY, 10/20 blinks (picture 20), press MODE KEY to start 10/20 function.
- B. LCD "READY" blinks, TIME display and count down from 3 to zero. (picture 21), buzzer beeps 0.5 second for each second.
- C. After READY for 3 seconds, buzzer beeps 0.5 second, "WORK 01/08" (picture 22), TIME start to count down from 10 to zero. TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES start to count according to operation value and display. CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES will switch to display in every 5 seconds.



Picture19



Picture20



Picture21

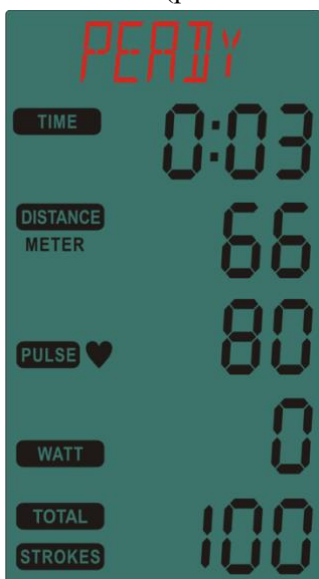


Picture22

- D. "REST 01/08"(picture 23), buzzer beeps 0.5 second for each second, TIME start to count down from 20 to zero. TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES start to count according to operation value and display. CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES will switch to display in every 5 seconds, in the last 3 seconds "READY" flash.(picture 24)。
- E. C and D repeat cycle, each cycle count plus 1 until "WORK 08/08"exercise, then enter into finish screen, buzzer beeps 0.5 second. (picture 15~16)。



Picture23



Picture24



Picture25



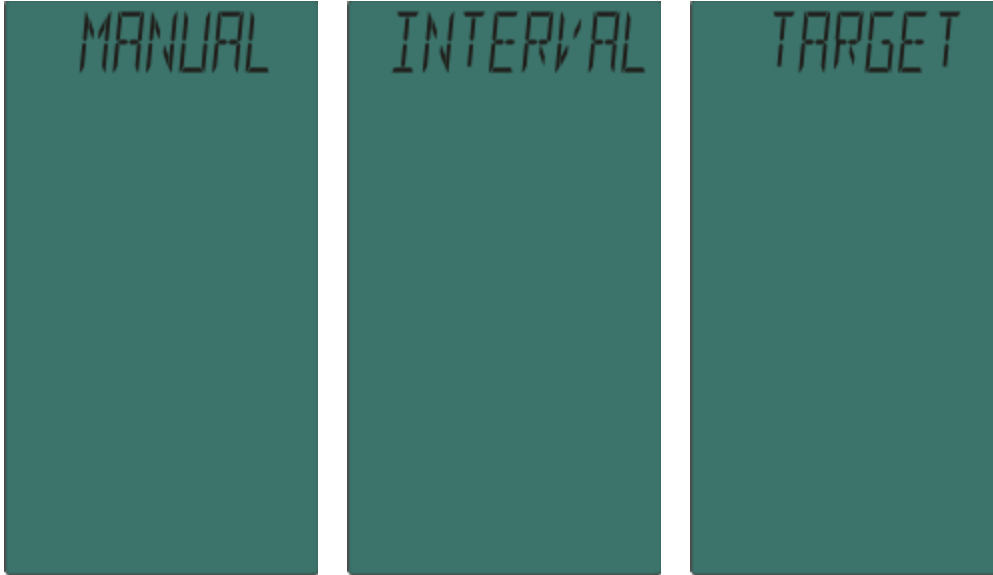
Picture26

- F. When end the training, STOP flashes. TIME and DISTANCE display training value, CALORIES, PULSE, TOTAL STROKES and STROKES switch to display in every 5 seconds, PULSE display heart rate, press MODE KEY at the same time, you can also perform INTERVAL 10/20 function. In the training finished screen, if user press RESET KEY, electronic watch enter into standby, buzzer beeps 0.5 second. In the training finished screen, if user don't press any buttons or finish training after 4 minutes, electronic watch enter into standby, buzzer beeps 0.5 second.
- G. During exercise, press MODE KEY, exercise stop and STOP flashes, TIME, DISTANCE display current exercise value, CALORIES, PULSE, TOTAL STROKES and STROKES switch to display current



exercise value in every 5 seconds, PULSE display heart rate, and press MODE KEY at the same time, electronic watch continues to perform exercise picture. If user press RESET KEY, electronic watch enter into standby. In STOP state, if user don't press any buttons or after finished training for 4 minutes, electronic watch enter into standby.

- H. When WORK function start to work, user don't need to press any buttons. with no RPM signal and heart rate signal been transmitted after 4 minutes, the buzzer beeps 0.5 second and enter into standby mode except REST.



## (2) INTERVAL 20/10

- A. When INTERVAL is flashing, press MODE KEY, press SET to switch and choose 20/10 function, 20/10 will flash (picture 27), and press MODE KEY to start 20/10 function.
- B. When LCD "READY" is flashing, TIME display and count down from 3 to zero. (picture 21), buzzer beeps 0.5 second for each second.
- C. After READY for 3 seconds, buzzer beeps 0.5 second, "WORK 01/08", TIME start to count down from 20 to zero (picture 28). TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES start to count according to operation value and display. CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES switch to display for 5 seconds.
- D. "REST 01/08", buzzer beeps 0.5 second in every second, TIME start to count down from 10 to 0 (picture 19). TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES start to count according to operation value and display. CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES switch to display for 5 seconds, in the last 3 seconds "READY" flashes (picture 30).
- E. C and D repeat cycle, each cycle count plus 1 until "WORK 08/08" exercise, then enter into finish screen, buzzer beeps 0.5 second. (picture 15~16).



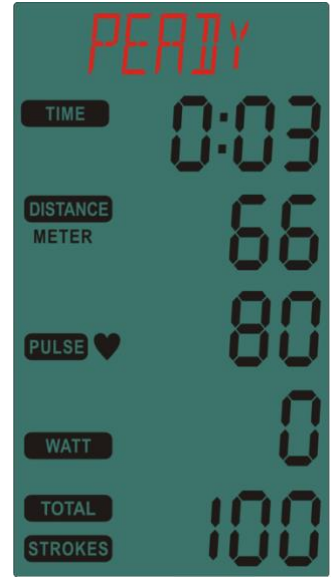
Picture27



Picture28



Picture29



Picture30



Picture31

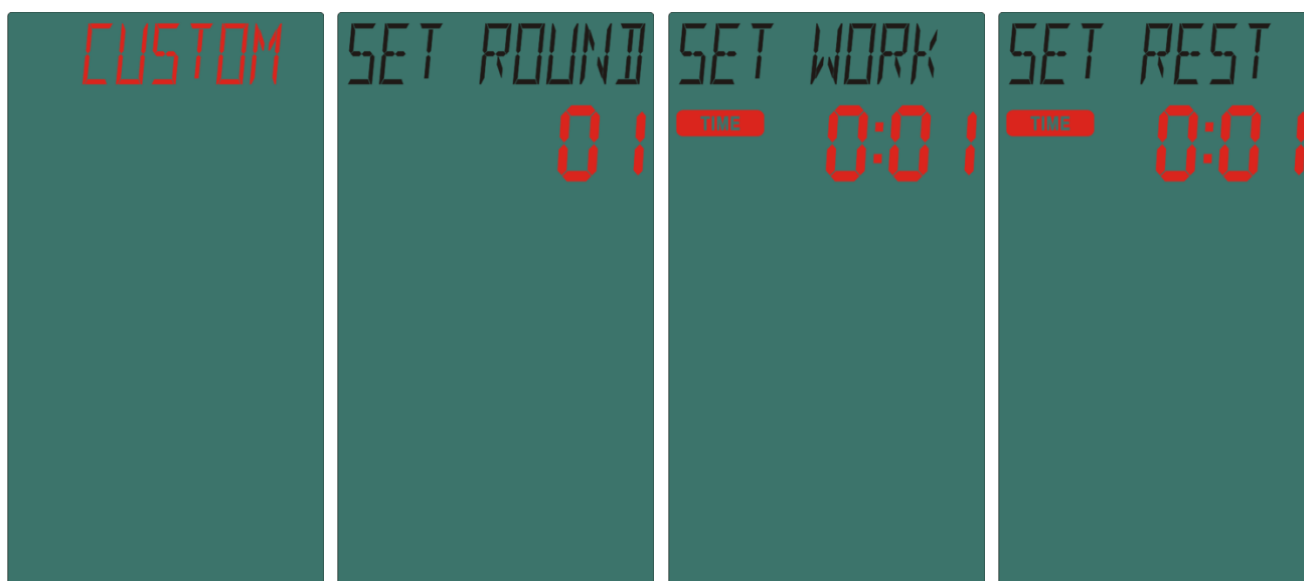


Picture32

- F. When end the training, STOP flashes. TIME and DISTANCE display training value, CALORIES, PULSE, TOTAL STROKES and STROKES switch to display in every 5 seconds, PULSE display heart rate, press MODE KEY at the same time, you can also perform INTERVAL 10/20 function. In the training finished screen, if user press RESET KEY, electronic watch enter into standby, buzzer beeps 0.5 second. In the training finished screen, if user don't press any buttons or finish training after 4 minutes, electronic watch enter into standby, buzzer beeps 0.5 second.
- I. During exercise, press MODE KEY, exercise stop and STOP flashes, TIME, DISTANCE display current exercise value, CALORIES, PULSE, TOTAL STROKES and STROKES switch to display current exercise value in every 5 seconds, PULSE display heart rate, and press MODE KEY at the same time, electronic watch continues to perform exercise picture. If user press RESET KEY, electronic watch enter into standby. In STOP state, if user don't press any buttons or after finished training for 4 minutes, electronic watch enter into standby.
- G. When WORK function start to work, user don't need to press any buttons. with no RPM signal and heart rate signal been transmitted after 4 minutes, the buzzer beeps 0.5 second and enter into standby mode except REST.

### (3) INTERVAL CUSTOM

- A. When “INTERVAL” is flashing, press MODE KEY, press SET to switch and choose CUSTOM function, CUSTOM flashes, press MODE KEY and enter CUSTOM to set function.(picture 33)
- B. “SET ROUND”, TIME display 01 to flash, press SET to setting ROUND, ROUND, and set range from 01~99, they can be set circularly, after press MODE KEY, buzzer beeps 0.5 seconds and enter into the next option to set. (picture 34)
- C. “SET WORK”, TIME display 0:05 and flash, press SET and set WORK TIME, WORK TIME, range from 0:05~10:00, they can be set circularly, after press MODE KEY, buzzer beeps 0.5 second and enter into the next option to set. (picture 35)
- D. “SET REST”, TIME display 0:05 and flash, press SET and set REST TIME, REST TIME, range from 0:05~10:00, they can be set circularly, after press MODE KEY, buzzer beeps 0.5 second and enter into exercise screen (picture 36)



Picture33

picture34

picture35

picture36

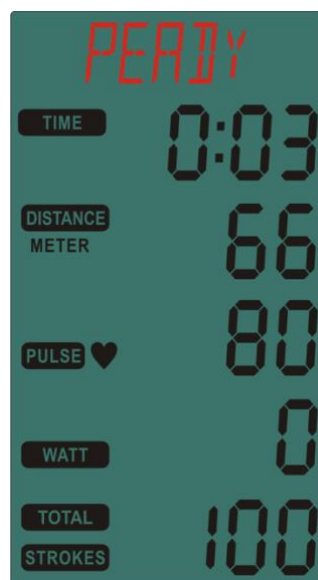
- E. LCD screen display "READY" flashing, TIME display and count down from 3 to zero, buzzer beeps 0.5 second in every second. (picture 21)
- F. After READY 3 second, buzzer beeps 0.5 second display "WORK 01/XX", TIME start to count down according to the preset time, TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES count according to operation value and display. CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES switch to display after 5 seconds. (picture 37)
- G. "REST 01/XX", buzzer beeps 0.25 second in every second (picture 38), TIME start to count down according to the preset time of RESET. TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES count according to operation value and display. CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES switch to display after 5 seconds, in the last 3 seconds "READY"flashes.(picture 39)
- H. C and D repeat cycle, each cycle counts will plus 1 until "WORK XX/XX"finished exercise, then enter into finish screen, buzzer beeps 0.5 second.



Picture37



picture38



picture39



picture40



picture41

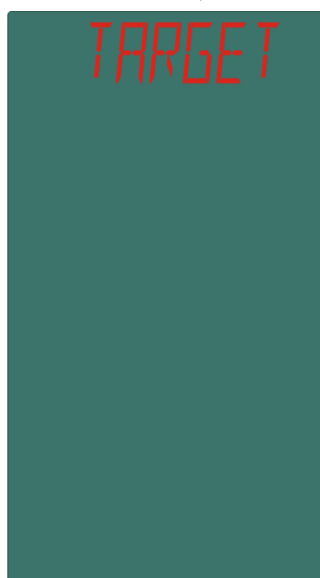
- I. After end the exercise (picture 40~41), the screen display STOP is flashing. TIME, DISTANCE display the finished value. CALORIES, PULSE, TOTAL STROKES and STROKES switch to display exercise value when to be 5 second, PULSE display heart rate, press MODE KEY, at the same time, then user can perform INTERVAL CUSTOM function again ; In stop state, press RESET KEY, electronic watch enter into standby, buzzer beeps 0.5 second ; In STOP state, if user don't press any buttons or after finished training for 4 minutes, electronic watch enter into standby, buzzer beeps 0.5 second.
- J. When user is exercising , press MODE KEY, exercise stop and display STOP is flashing. TIME, DISTANCE display the current exercise value. CALORIES, PULSE, TOTAL STROKES and STROKES switch to display current exercise value when it to be 5 second. PULSE display heart rate, press MODE KEY at the same time, electronic watch continue to perform exercise screen, if press RESET KEY, electronic watch enter into standby. In STOP state, if user don't press any buttons or after finished training for 4 minutes, electronic watch enter into standby.
- K. When WORK start to work, user don't press any buttons , with no RPM signal and heart rate been transmit for 4 minutes, buzzer beeps 0.5 second and enter into standby.

#### 4. TARGET :

IN standby mode, press "MODE" KEY, at the same time press"SET" key switch to choose "TARGET" function, LCD flashing display"TARGET" (picture42).

(2) TARGET TIME :

- A. When LCD flashing display TARGET image, press “MODE “ KEY, at this time press “SET” key to switch to choose the TARGET TIME function, LCD stay shining display “TARGET”, TIME is flashing (picture43), press “MODE” KEY start to set the TIME function.
- B. LCD stay shining “SET”, “TIME” flashing display “0”(picture 44), press “SET” key set target “CALORIES” value from 0~9990, it can be setting in cycle, press “MODE” KEY buzzer rings 0.5 second then enter into exercise mode
- C. When LCD flashing switch to display “TARGET”, “ ” “TIME” images every 2 second (pictures 45~46), “TIME” count down from the setting value, TIME、DISTANCE、CALORIES、PULSE、SPM、WATT、TOTAL STROKES & STROKES start counting according to the operation data, CALORIES、PULSE、SPM、WATT、TOTAL STROKES & STROKES switch to display every 5 seconds.
- D. During exercise, press MODE KEY, stop working and LCD flashing display STOP, TIME, DISTANCE is shining and display the current sports data. CALORIES, PULSE, TOTAL STROKES and STROKES switch to display the current sports data every 5 seconds. PULSE show instant heart rate value, and then press MODE KEY, at this time, the console continue to implement the working screen, if press the RESET KEY, the console enter the standby screen, if the STOP condition, no press any keys or end working after 4 minutes, The console enters the standby mode.
- E. After end the exercise, LCD flashing display STOP (picture 47~48), TIME, DISTANCE is shining and display the sport value. CALORIES, PULSE, TOTAL STROKES and STROKES switch to display the current sports data every 5 seconds, at this time, press the MODE KEY, user can perform the TARGET TIME function again, when end the exercise again, press RESET KEY, the console enters the standby mode, buzzer rings 5 seconds; now, if end sports again, no press any keys or end working after 4 minutes, The console enters the standby mode, buzzer rings 5 seconds.
- F. When start to work, without pressing any key, no RPM signal, and no heartbeat signal input, after 4 minutes, the buzzer goes into standby mode for 0.5 seconds.



picture42



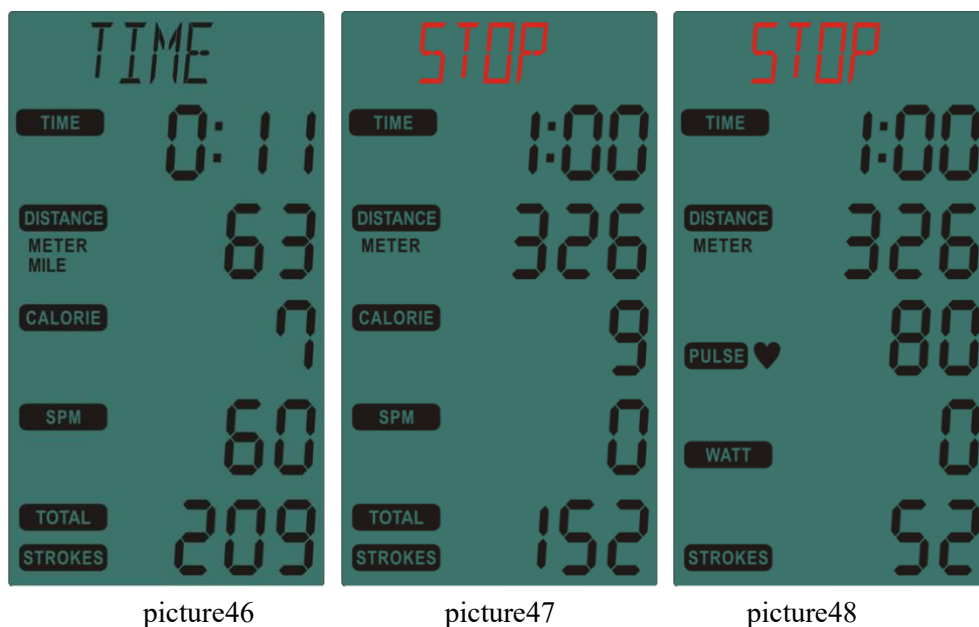
picture43



picture44



picture45



### (3) TARGET DISTANCE :

- A. When LCD flashing display TARGET image(picture42), press “MODE “ KEY, at this time press “SET” key to switch to choose the TARGET DISTANCE function, LCD stay shining display “TARGET”, DISTANCE is flashing(picture49), press “MODE” KEY start to set the DISTANCE function.
- B. LCD stay shining ”SET ”, DISTANCE flashing display “0”(picture 50), press “SET” key set target “CALORIES” value from 0~9990, it can be setting in cycle, press”MODE” KEY buzzer rings 0.5 second then enter into exercise mode
- C. When LCD flashing switch to display” TARGET”、 ” DISTANCE”images every 2 second(pictures 51~52) ,DISTANCE count down from the setting value, TIME、 DISTANCE、 CALORIES、 PULSE、 SPM、 WATT、 TOTAL STROKES & STROKES start counting according to the operation data, CALORIES、 PULSE、 SPM、 WATT、 TOTAL STROKES& STROKES switch to display every 5seconds.
- D. During exercise , press MODE KEY, stop working and LCD flashing display STOP, TIME , DISTANCE is shining and display the current sports data . CALORIES, PULSE, TOTAL STROKES and STROKES switch to display the current sports data every 5 seconds . PULSE show instant heart rate value, and then press MODE KEY , at this time , the console continue to implement the working screen, if press the RESET KEY, the console enter the standby screen, if the STOP condition, no press any keys or end working after 4 minutes,The console enters the standby mode.
- E. After end the exercise , LCD flashing display STOP(picture 53~54), TIME , DISTANCE is shining and display the sport value . CALORIES, PULSE, TOTAL STROKES and STROKES switch to display the current sports data every5 seconds, at this time ,press the MODE KEY, user can perform the TARGET DISTANCE function again, when end the exercise again , press RESET KEY, the console enters the standby mode,buzzer rings 5 seconds ; now ,if end sports again , no press any keys or end working after 4 minutes,The console enters the standby mode,buzzer rings 5 seconds.
- F. When start to work, without pressing any key, no RPM signal, and no heartbeat signal input , after 4 minutes, the buzzer goes into standby mode for 0.5 seconds.



Picture 49



Picture 50



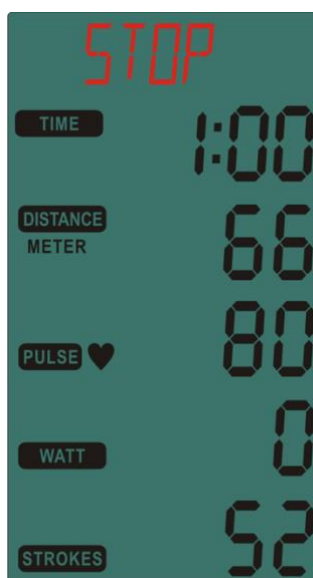
Picture 51



Picture 52



Picture 53



Picture 54

#### (4) TARGET CALORIES :

- A. When LCD flashing display TARGET image, press “MODE “ KEY, at this time press “SET” key to switch to choose the TARGET DISTANCE function, LCD stay shining display “TARGET”, CALORIES is flashing (picture 55), press “MODE” KEY start to set the CALORIES function.
- B. LCD stay shining “SET”, CALORIES flashing display “0” (picture 56), press “SET” key set target “CALORIES” value from 0~9990, it can be setting in cycle, press “MODE” KEY buzzer rings 0.5 second then enter into exercise mode
- C. When LCD flashing switch to display “TARGET” “STROKES” images every 2 second (pictures 57~58), CALORIES count down from the setting value, TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES & STROKES start counting according to the operation data, CALORIES, PULSE, SPM, WATT, TOTAL STROKES & STROKES switch to display every 5 seconds.



- D. During exercise , press MODE KEY, stop working and LCD flashing display STOP, TIME , DISTANCE is shining and display the current sports data . CALORIES, PULSE, TOTAL STROKES and STROKES switch to display the current sports data every 5 seconds . PULSE show instant heart rate value, and then press MODE KEY , at this time , the console continue to implement the working screen, if press the RESET KEY, the console enter the standby screen, if the STOP condition, no press any keys or end working after 4 minutes,The console enters the standby mode.
- E. After end the exercise , LCD flashing display STOP(picture 59~61), TIME , DISTANCE is shining and display the sport value . CALORIES, PULSE, TOTAL STROKES and STROKES switch to display the current sports data every5 seconds, at this time ,press the MODE KEY, user can perform the TARGET function again, when end the exercise again , press RESET KEY, buzzer rings 5 seconds ; now ,if end sports again , no press any keys or end working after 4 minutes,The console enters the standby mode,buzzer rings 5 seconds.
- F. When start to work, without pressing any key, no RPM signal, and no heartbeat signal input , after 4 minutes, the buzzer goes into standby mode for 0.5 seconds.



Picture 55



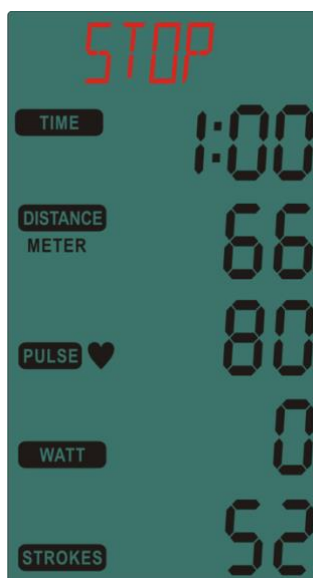
Picture 56



Picture 57



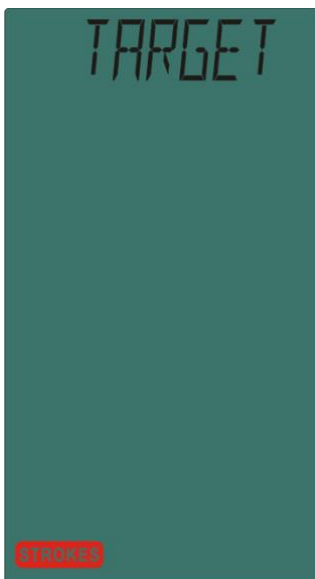
Picture 58





## (5) TARGET STROKES :

- A. When LCD flashing display TARGET image, press “MODE “ KEY, at this time press “SET” key to switch to choose the TARGET DISTANCE function, LCD stay shining display “TARGET”, STROKES is flashing (picture 61), press “MODE” KEY start to set the STROKES function.
- B. LCD stay shining ”SET ” .(picture 62), STROKES flashing display “0”, press “SET” key set target “STROKES” value from 0~9990, it can be setting in cycle, press “MODE” KEY ,buzzer rings 0.5 second then enter into exercise mode
- C. When LCD flashing switch to display” TARGET” ” STROKES” images every 2 second (pictures 63~64) ,STROKES count down from the setting value, TIME、DISTANCE、CALORIES、PULSE、SPM、WATT、TOTAL STROKES & STROKES start counting according to the operation data, CALORIES、PULSE、SPM、WATT、TOTAL STROKES& STROKES switch to display every 5seconds.
- D. During exercise , press MODE KEY, stop working and LCD flashing display STOP, TIME , DISTANCE is shining and display the current sports data . CALORIES, PULSE, TOTAL STROKES and STROKES switch to display the current sports data every 5 seconds . PULSE show instant heart rate value, and then press MODE KEY , at this time , the console continue to implement the working screen, if press the RESET KEY, the console enter the standby screen, if the STOP condition, no press any keys or end working after 4 minutes, The console enters the standby mode.
- E. After end the exercise , press MODE KEY, stop working and LCD flashing display STOP, TIME , DISTANCE is shining and display the current sports data . CALORIES, PULSE, TOTAL STROKES and STROKES switch to display the current sports data every 5 seconds . PULSE show instant heart rate value, and then press MODE KEY , at this time , the console continue to implement the working screen, if press the RESET KEY, the console enter the standby screen, if the STOP condition, no press any keys or end working after 4 minutes, The console enters the standby mode.
- F. When start to work, without pressing any key, no RPM signal, and no heartbeat signal input , after 4 minutes, the buzzer goes into standby mode for 0.5 seconds.



Picture 61



Picture 62



Picture 63



Picture 64



Picture 65



Picture 66

(6) TARGET PULSE :

- A. When LCD flashing display TARGET images, press MODE KEY, then press SET to switch to choose TARGET DISTANCE function, LCD stay shining display TARGET, PULSE flashing display (picture 67), press MODE KEY to start the PULSE setting function.
- B. LCD stay shining "SET" (picture 68), PULSE screen flashing display the preset value 100. Press "SET" key, set the target PULSE, setting range is from 30~230, it can be setting in cycle, press MODE KEY, buzzer rings 0.5 second then enter into exercise mode.
- C. LCD switch to display "TARGET", "PULSE" every 2 second (picture 69~ picture 70), TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES & STROKES start counting according to the operation data,, CALORIES, PULSE, SPM, WATT, TOTAL STROKES & STROKES switch to display every 5 second.
- D. During exercise, when the actual heart rate exceeds the preset heart rate, the buzzer rings BI every 1 second.
- E. During exercise, press MODE KEY, stop working and LCD flashing display STOP, TIME, DISTANCE is shining and display the current sports data. CALORIES, PULSE, TOTAL STROKES and STROKES switch to display the current sports data every 5 seconds. PULSE show instant heart rate value, and then press MODE KEY, at this time, the console continue to implement the working screen, if press the RESET KEY, the console enter the standby screen, if the STOP condition, no press any keys or end working after 4 minutes, The console enters the standby mode.
- F. When start to work, without pressing any key, no RPM signal, and no heartbeat signal input, after 4 minutes, the buzzer goes into standby mode for 0.5 seconds.



Picture 67



Picture 68



Picture 69



Picture 70



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