

DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	.Workout time displayed during exercise. .Range 0:00 ~ 99:59
SPEED	.Workout speed displayed during exercise. .Range 0.0 ~ 99.9
DISTANCE	.Workout distance displayed during exercise. .Range 0.0 ~ 99.9
CALORIES	.Burned calories during workout display. .Range 0 ~ 999
PULSE	.Pulse bpm displayed during exercise. .Pulse alarm when over preset target pulse.
RPM	.Rotation per minute .Range 0 ~ 999
WATT	.Workout power consumption . In Watt Program mode, computer will remain preset watt value (setting range 0~350)
MANUAL	.Manual mode workout.
PROGRAM	.Beginner, Advance, and Sporty PROGRAM selection.
CARDIO	.Target HR training mode.

KEY FUNCTION

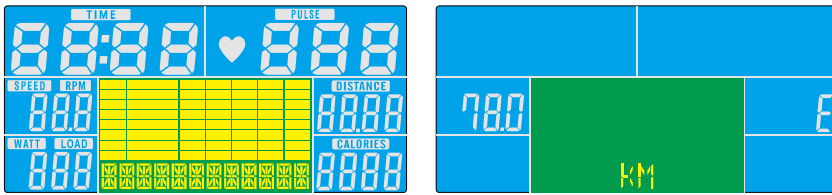
ITEM	DESCRIPTION
Up	· Increase resistance level · Setting selection.
Down	· Decrease resistance level · Setting selection.
Mode	· Confirm setting or selection.
Reset	· Hold on pressing for 2 seconds, computer will reboot and start from user setting. · Reverse to main menu during presetting workout value or stop mode.
Start/ Stop	· Start or Stop workout.
Recovery	· Test heart rate recovery status.
Body fat	· Test body fat% and BMI.

OPERATION:

POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds. After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key may wake the console up.

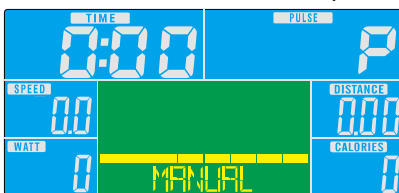


WORKOUT SELECTION

Press UP and Down to select workout Manual → Beginner → Advance → Sporty → Cardio → Watt

Manual Mode

Press START in main menu may start workout in manual mode.



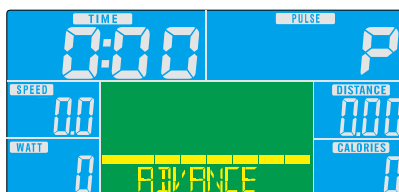
1. Press UP or DOWN to select workout program, choose Manual and press Mode to enter.
2. Press UP or DOWN to preset TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm.
3. Press START/STOP keys to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

Beginner Mode



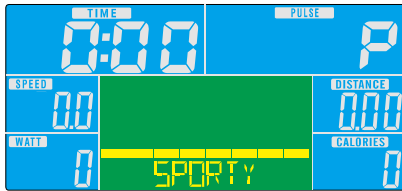
1. Press UP or DOWN to select workout program, choose Beginner mode and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

Advance Mode



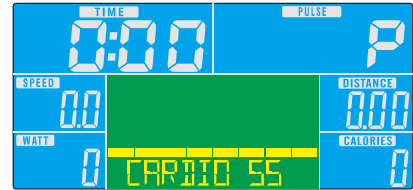
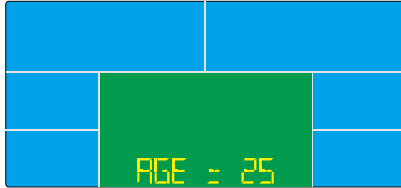
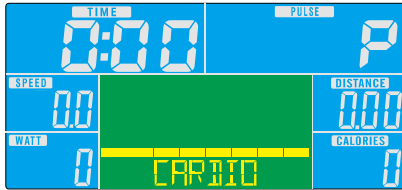
1. Press UP or DOWN to select workout program, choose Advance mode and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

Sporty Mode



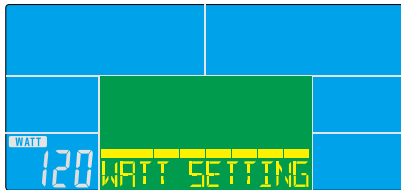
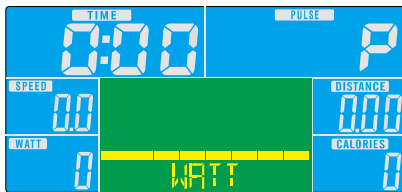
1. Press UP or DOWN to select workout program, choose Sporty mode and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

Cardio Mode



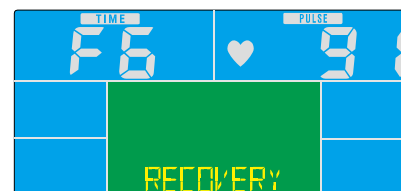
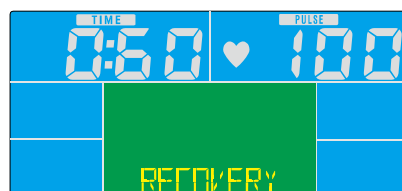
1. Press UP or DOWN to select workout program, choose CARDIO and press Mode to enter.
2. Press UP or Down to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
3. Press UP or DOWN to preset workout TIME.
4. Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.

Watt Mode



1. Press UP or DOWN to select workout program, choose WATT and press Mode to enter.
2. Press UP or DOWN to preset WATT target. (default: 120)
3. Press UP or DOWN to preset TIME.
4. Press START/STOP key to start workout. Press UP or DOWN to adjust Watt level.
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

RECOVERY



After exercising for a period, keep holding on hand grips and press RECOVERY button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1, F2... to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status.

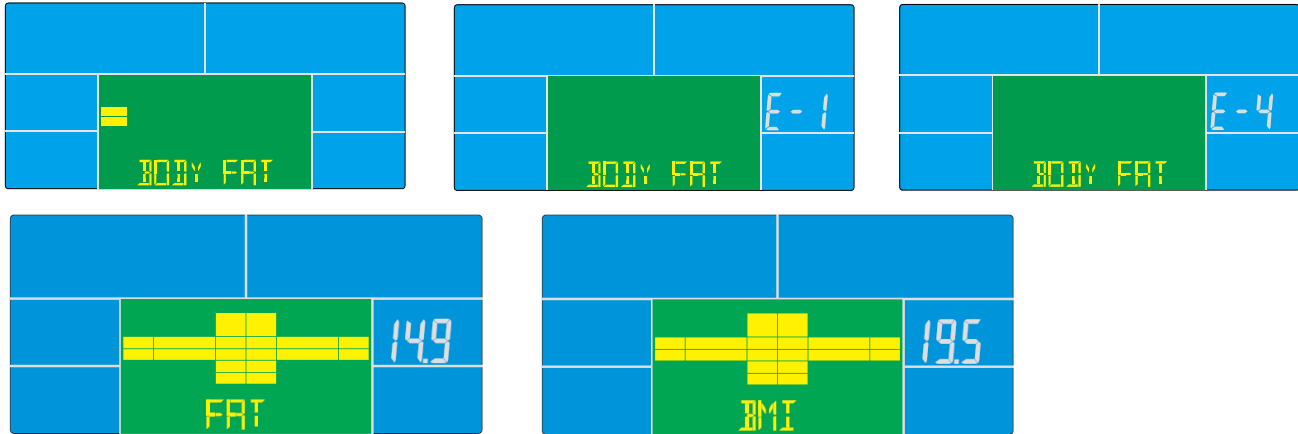
(Press the RECOVERY button again to return the main display.)

BODY FAT

1. In STOP mode, press the BODY FAT button to start body fat measurement.
2. Console will remind to input user GENDER, AGE, HEIGHT, WEIGHT, then begin to measure.

3. During measuring, users have to hold both hands on the hand grips. And the LCD will display “-- ” “ -- ” for 8 seconds until computer finish measuring. (see below pictures)

4. LCD will display BODY FAT advice symbol, BODY FAT percentage, BMI for 30 seconds.



5. Error message:

*The LCD displays “---- ” “ “ ----” – means not hand the grip correctly.

*E-1 – There is no heart rate signal input detected.

*E-4 – Occurs when FAT% is below 5 or exceeds 50 and BMI result is below 5 or exceeds 50.