

# INSTRUCTION MANUAL OF SM2780

## BUTTON FUNCTION:

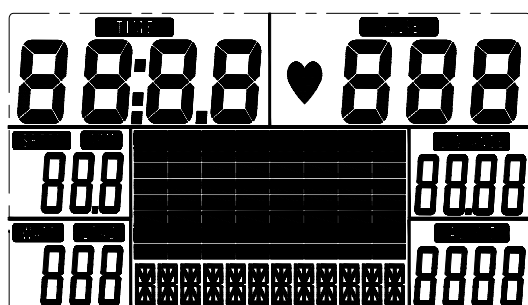
MODE/ENTER	In stop mode, the mode is to confirm all exercise data setting, and enter into program.
RESET	In stop mode, press the button back to main menu.
START/STOP	To start or stop exercise.
RECOVERY	To test hear rate recovery status.
UP	To select training mode and adjust function value up.
DOWN	To select training mode and adjust function value down.
BODY FAT	For body fat measurement

## DISPLAY EXERCISE DATA:

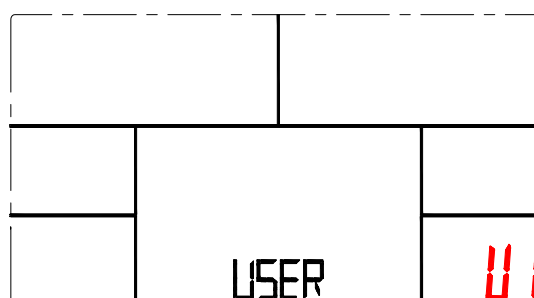
TIME	Display range 0:00~99:99 ; Setting range 0:00~99:00
DISTANCE	Display range 0.00~99.99 ; Setting range 0.00~99.90km
CALORIES	Display range 0~9999 ; Setting range 0.00~9990
PULSE	Display range P-30~240 ; Setting range 0-30~240
WATT	Display range 0~999 ; Setting range 10~350
SPEED	0~99.9km
RPM	0~999

## OPERATION PROCEDURE

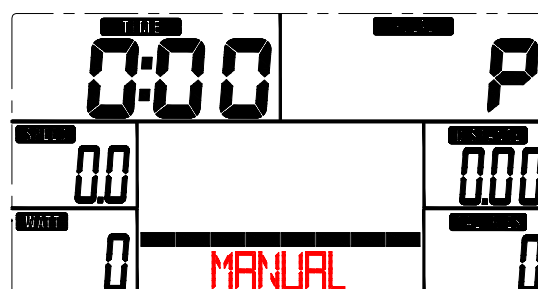
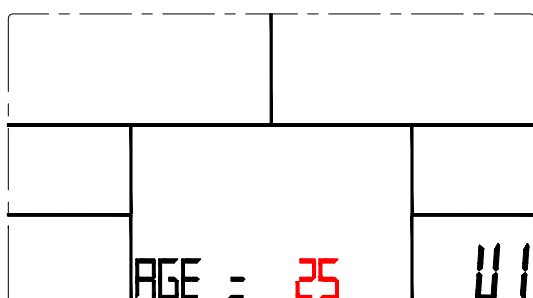
1. Connect power supply and computer will power on with a long beep sound, LCD display all segments (drawing A) for 2 seconds and enter into personal data setting mode (gender, age, height and weight) for U1~U4. (drawing B~C)
2. After user data set up, computer will display main menu (drawing D).



A



B



C

D

3. In main menu, first exercise program MANUAL will flash, user may press UP and DOWN button to select MANUAL →PROGRAM (12 profiles) (drawing E)→PROGRAM→USER PROGRAM→HRC→WATT.

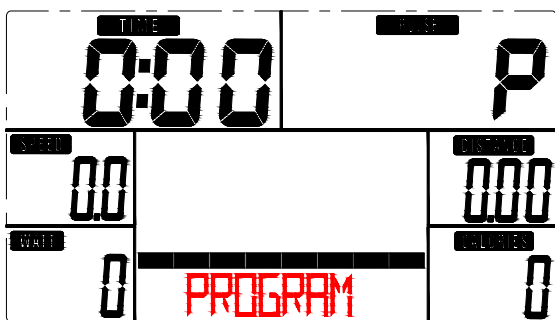


圖 5



圖 6

4. Quick Start and Manual :

Before exercise in Manual mode, user may set up TIME, DISTANCE, CALORIES and PULSE target.

After power on, user may press START/STOP button to start exercise in MANUAL immediately without any setting.

Level can be adjusted during exercise by press UP or DOWN.

5. PROGRAM :

Before exercise in Program mode, user may set up TIME target.

Press UP and DOWN to select Program with 12 profiles and press ENTER/MODE to confirm.

Level can be adjusted during exercise by press UP or DOWN.

6. H.R.C. :

Before exercise, computer will ask for user AGE first to calculate TARGET pulse. User may still press UP and DOWN to change target pulse from 30 to 240.

7. USER PROGRAM :

User may press UP, DOWN and then press MODE to create his own profile. (from column 1 to column 20)

User may hold on pressing MODE button for 2 seconds to quit profile setting.

8. WATT :

The preset watt value 120 is flashing on screen in WATT setting mode. User may use UP, DOWN button to set target value from 10 to 350. Press MODE button for confirm.

9. BODY FAT:

9-1 In STOP mode, press the BODY FAT button to start body fat measurement.

9-2 Then selected user (U1~U9) will blinking for 2 seconds. Then start measuring.

9-3 During measuring, user have to hold both hands on the handgrip. And the LCD will display "--" "--" for 8 seconds until computer finish measuring.

9-4 LCD will display BODY FAT advice symbol, BODY FAT percentage, BMR, BMI for 30 seconds.

10. RECOVERY :

After exercising for a period of time, keep holding on handgrips 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 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.)

**NOTE:**

1. This computer require 9V, 0.5mA adaptor.
2. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting and exercise data will stored until user start exercise again.
3. When computer act abnormal, please plug out the adaptor and plug in again.