

## 【DISPLAY FUNCTION】

**TIME** : Count up - No preset target, TIME will count up from 00:00 to maximum 99:59 with each increment is 1 second.

Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset Increment or decrement is 1 minute between 1:00 to 99:00.

**SPEED** : Display current training speed from 0.0 to maximum 99.9 km or ml.

**RPM** : Display current training rotation per minute.

**DISTANCE** : Count up - No preset target, Distance will count up from 0.00 to maximum 99.90 with each Increment 1.0 KM. Count down - If training with preset target, Distance will count down from preset to 0.00. Each preset increment or decrement is 1.0 KM (or ML) between 0.00 to 99.90.

**CALORIES** : Count up - No preset target, Calories will count up from 0 to maximum 990 with each 1 cal increment. Count down - If training with preset target, Calories will count down from preset time to 0. Each preset increment or decrement is 10 cal from 0 to 990 cal.

**PULSE** : The monitor can detect pulse signal from handgrip or chest belt, wireless receiver is priority, and display heart rate from 30 to 240.

**HEART SYMBOL**: When monitor receive heart rate signal, the symbol will blinking.

**WATT** : Display current training watt figures.

**HR LED BAR** : Display HR percentage from 55% to 95%.

Description: 1. Calculation:  $HR = (220 - AGE) * X\%$ ;  $X = 55 \sim 95$

2. The whole rows of LED will be illuminated from the bottom of LED bar to corresponding percentage of display value.

Example: The user is 30 years old, and his current heart rate is 135.

$X\% = 135 / (220 - 30)$  ,  $X = 71$

Then the HR LED will be illuminated from 55% to 70%.

## 【FUNCTION BUTTONS:】

**MODE**: To confirm all settings and to enter into exercise mode.

**UP** : To select training mode and adjust function value up.

**DOWN** : To select training mode and adjust function value down.

**START/STOP** : To start or stop training.

**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.)

(If monitor did not receive heart rate signal, RECOVERY function can not work.)

**RESET** : Return to main menu in stop mode and clean all preset function value to zero.

**TOTAL RESET** : To power on the computer.

**【OPERATING INSTRUCTION:】**

**POWER ON**

Connect adaptor to the computer to power on, LCD will display all segment with a long- beep as testing for 2 seconds and wheel diameter 78" for seconds (drawing 1).

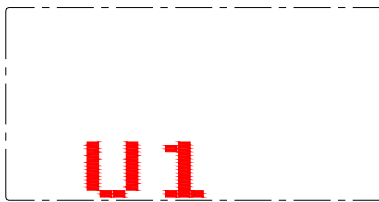


Drawing 1

**【PROGRAMMING MODE】**

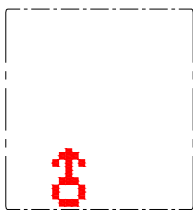
**USER personal data setting (U1 – U4):**

1-1 U1 is blinking, user may turn UP and DOWN to select user 1, user 2 to user 4 (drawing 2)

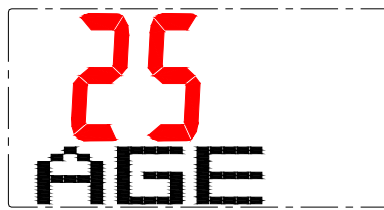
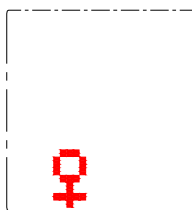


drawing 2

1-2 Preset personal data (incl. AGE, WEIGHT, HEIGHT, SEX). And press the MODE for confirmation. (drawing 3-7)



drawing 3



drawing 4



drawing 5



drawing 6

1-3 The computer will enter into MANUAL mode immediately, and selected user may preset his own exercise data (incl. TIME, DISTANCE, CALORIES and PULSE). The computer will memorize and will recall those data every time when the user is selected.

1-4 User may start exercise by press START button.

1-5 Press RESET button reverse to training mode selection main menu.

Program selections are MANUAL, PROGRAM, H.R.C., USER, WATT. Press UP and DOWN to select the program you want and press START for QUICK START in Manual mode. (drawing 7-10)



drawing 7



drawing 8



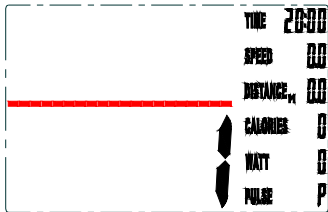
drawing 9



drawing 10

**MANUAL MODE**

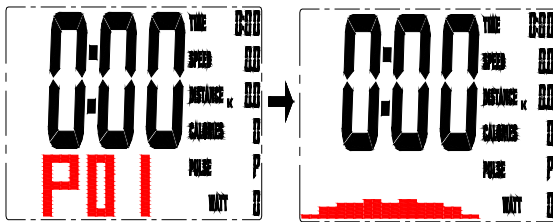
After selecting MANUAL mode, press UP and DOWN button to increase and decrease level (from 1 to 16) and press MODE button to confirm. Level is adjustable during training. (drawing 11)



Drawing 11

**PROGRAM MODE**

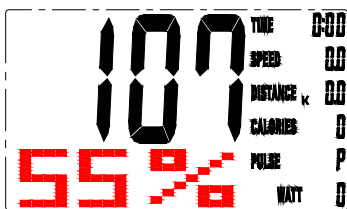
After enter PROGRAM mode, press UP and DOWN to select program profile from P1 to P12, press MODE button to confirm and enter the selected profile. User may press UP and DOWN to adjust level. Level is adjustable during training. (drawing 12)



Drawing 12

**H.R.C. MODE**

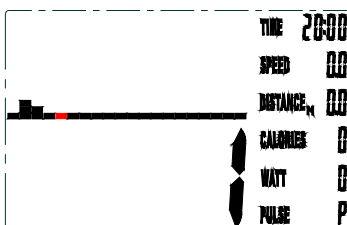
After enter H.R.C. mode, press UP and DOWN to select different target from 55%, 75%, 90% and TARGET. Press MODE to confirm. (drawing 13)



drawing 13

**USER MODE**

After enter USER mode, the first column of the profile is blinking, 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. (drawing 14). Each user may have his own user profile.



Drawing 14

## WATT MODE

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.

### NOTE:

1. Adaptor spec: 9V, 1A
2. MP3 compatible

