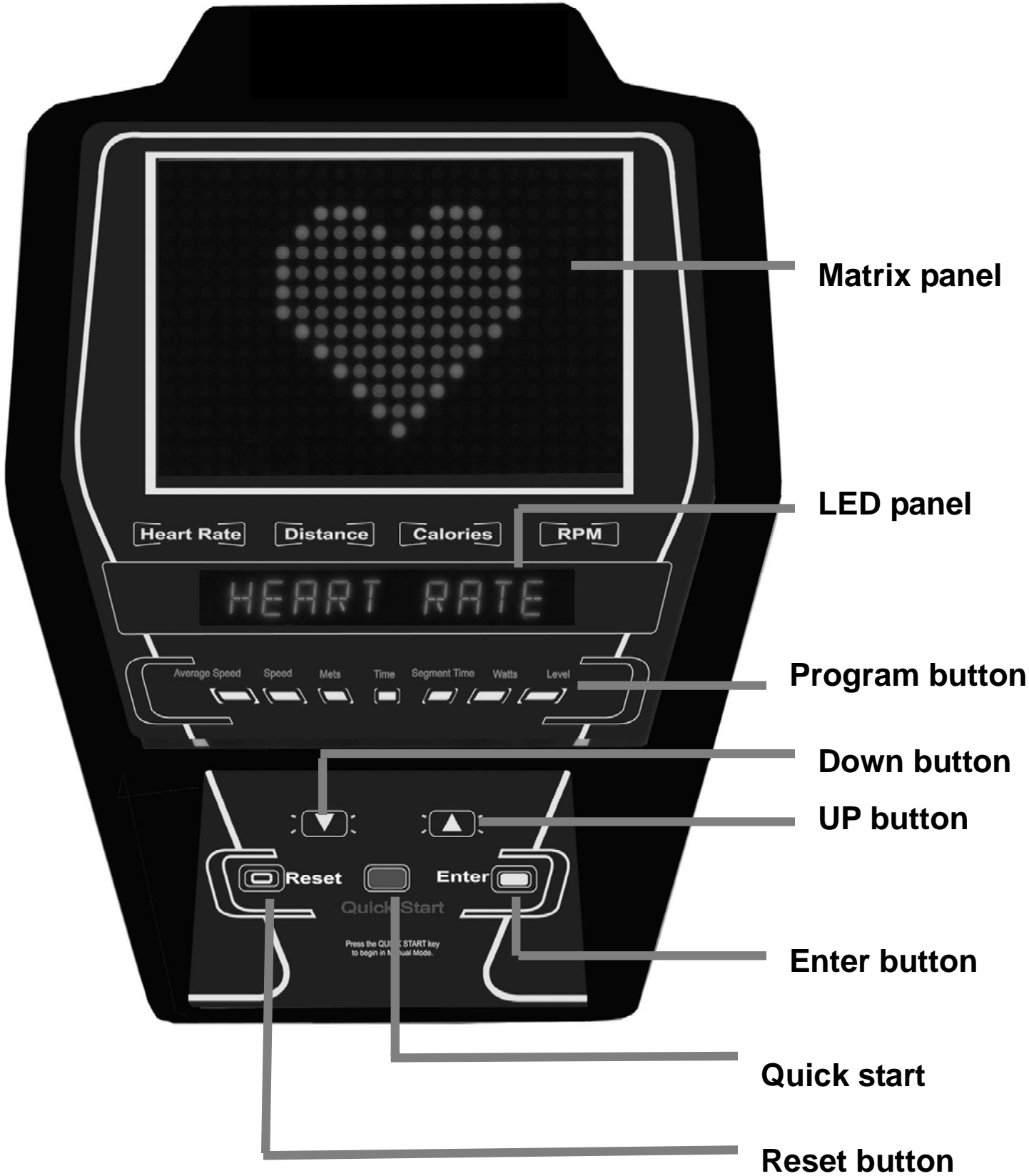


# C901 CONSOLE OPERATION



## COMPUTER INSTRUCTIONS

1. Turn the power switch to ON.

A: All LED lights will auto scan and the matrix panel will display “ WELCOME”.

B: Then the LED panel will display

“SELECT\_A\_PROGRAM\_PRESS\_+/-\_KEY\_OR\_PRESS\_QUICK\_START”.

2. The console will automatically enter SLEEP MODE if it is left idle for 2 minutes.

3. Only “QUICK START”, “UP” and “DOWN” are available for operation under the POWER ON status.

### QUICK START PROGRAM

#### (1) After pressing “QUICK START” button

<1>Turn the power switch on and press the “QUICK START” button to enter “QUICK START” program. The LED panel will display PULSE, DISTANCE, CALORIES, RPM data. (xxx P, xx0.0 , xxx0, xxx0)

<2>TIME, DISTANCE and CALORIES will start to count up.

<3>The resistance LEVEL will automatically increase to LEVEL 1.

<4>When the RPM is below 35, the LED display will flash “RPM UP” every 10 seconds.

<5>If the computer doesn't receive any data within 8 seconds after pressing QUICK START, the LED panel will display “RPM UP” for 7 seconds; if the computer still doesn't receive the data, the LED panel will display “PAUSE” for 25 seconds, and return to POWER ON status.

#### (2) After pressing “RESET” button

1. Press “RESET” button to enter the PAUSE status when the computer is under POWER ON status. Press RESET button again, the data will be cleared and return to POWER ON status.

2. Under PAUSE status, if the computer receives “RPM” input, the onsole will switch to POWER ON status automatically. **As Fig.( P8).**

## PROGRAM

When under POWER ON status, press “UP/DOWN” button to select the programs. See the setting instructions stated on particular pages:

<b>P1</b>	<b>MANUAL PROGRAM</b>	<b>As Fig.2(P9)</b>
<b>P2</b>	<b>ROLLING HILLS PROGRAM</b>	<b>As Fig.3(P9)</b>
<b>P3</b>	<b>RIDE IN THE PARK PROGRAM</b>	<b>As Fig.4(P9)</b>
<b>P4</b>	<b>SPEED INTERVAL PROGRAM</b>	<b>As Fig.5 (P9)</b>
<b>P5</b>	<b>STRENGTH PROGRAM</b>	<b>As Fig.6 (P10)</b>
<b>P6</b>	<b>PLATEAU PROGRAM</b>	<b>As Fig.7 (P10)</b>
<b>P7</b>	<b>PIKES PEAK PROGRAM</b>	<b>As Fig.8 (P10)</b>
<b>P8</b>	<b>CUSTOM ONE PROGRAM</b>	<b>As Fig.9 (P10)</b>
<b>P9</b>	<b>CUSTOM TWO PROGRAM</b>	<b>As Fig.10 (P11)</b>
<b>P10</b>	<b>FITNESS TEST PROGRAM</b>	<b>As Fig.11 (P11)</b>
<b>P11</b>	<b>HEART RATE PROGRAM</b>	<b>As Fig.12 (P11)</b>

### P1~P7 PROGRAM

After selecting program P1-MANUAL/ P2- ROLLING HILLS/ P3- RIDE IN THE PARK/ P4-SPEED INTERVAL/ P5- STRENGTH/ P6- PLATEAU/ P7- PIKES PEAK on the LED panel:

1. Press “ENTER” button to enter “weight setting.”

#### (1)WEIGHT SETTING:

<1>When matrix panel displays “WEIGHT=75Kg/ 165 lbs” and LED panel displays “ENTER WRIGHT”, press “UP/DOWN” button to select the right weight, and then press ENTER button to record and enter time setting.

<2>Weight setting range: 20 kg~200 kg / 44 lbs ~ 440 lbs

<3>To exit the program, press “RESET” button.

#### (2) TIME SETTING:

<1>After finishing the weight setting, press “ENTER” button, and matrix panel will display “TIME 30MIN” while LED panel will display

“ENTER TIME”. Press UP/DOWN button to set the target time, and press ENTER button to record the data. Press “START” button after LED panel shows “PRESS START”, and the console will enter POWER ON status.

<2>Time setting range: 1 min ~ 99 min.

<3>To exit the program, press “RESET” button.

### **(3) After pressing “QUICK START” button**

<1>TIME will start to count up until reaching the target time.

<2>The LED panel will display “PULSE, DISTANCE, CALORIES, RPM” data. (xxxP, xx0.0, xxx0, xxx0)

<3>”TIME, DISTANCE, CALORIES” will start counting up.

<4>The resistance LEVEL will automatically increase to LEVEL 1

<5>When the RPM is below 35, the LED display will flash “RPM UP” every 10 seconds.

<6>If the computer doesn’t receive any data within 8 seconds after pressing QUICK START, the LED panel will display “RPM UP” for 7 seconds; if the computer still doesn’t receive the data, the LED panel will display “PAUSE” for 25 seconds, and return to POWER ON status.

### **(4) After pressing “RESET” button**

<1>Press “RESET” button to enter the PAUSE status when the computer is under POWER ON status. Press RESET button again, the data will be cleared and return to POWER ON status.

<2>Under PAUSE status, if the computer receives “RPM” input, the console will switch to POWER ON status automatically.

## **P8~P9 CUSTOM PROGRAM**

1. When the computer is under POWER ON status, press “UP/DOWN” button to select the “P8 CUSTOM ONE” or “P9 CUSTOM TWO” on LED panel.

2. Press the “ENTER” button to enter weight setting.

### **(1)WEIGHT SETTING:**

<1> When Matrix panel displays “WEIGHT=75Kg/ 165 lbs” and the LED panel displays “ENTER WEIGHT”, press “UP/DOWN” button to

select the right weight, and then press ENTER button to record data and enter the next process.

<2> Weight setting range: 20 kg~200 kg / 44 lbs ~ 440 lbs

<3>To exit the program, press “RESET” button.

## **(2) EXERCISE GRAPH AND TIME SETTING:**

1. After finishing the weight setting, press “ENTER” button and matrix panel will display “TIME=60MIN” or the preset time. The LED panel will display “CUSTOMER TIME”.

### **A: Setting graphs**

<1>Press the “ENTER” button for 2 seconds, and the computer will beep once. Then the matrix panel will show the preset graph of LEVEL 3 (=1 min.)

<2>Press “UP/DOWN” button to set the exercise graph and time. Press “ENTER” button once to save the data before continuing with further settings.

<3>After finishing the setting, press “ENTER” button for 2 seconds to save the data. LED panel will show “PRESS START” after the process is complete. Press “QUICK START” to enter the program.

<4>Time setting range : 1 min ~ 60 min.

<5>To exit the program, press “RESET” button.

<6>The computer will memorize the setting. When the console displays the preset time, press “QUICK START” button to enter the exercise graph and time setting directly

### **B: Skip setting graph**

<1> When matrix panel displays “TIME=60MIN” or the preset time while the LED panel displays “CUSTOMER TIME”, press “ENTER” button to go to next setting. Or press “QUICK START” button to enter the program.

## **(3) After pressing “QUICK START” button**

<1> TIME will start to count up until reaching the target time.

<2>The LED panel will display “PULSE, DISTANCE, CALORIES, RPM” data. (xxxP, xx0.0, xxx0, xxx0)

<3>”TIME, DISTANCE, CALORIES” will start counting up.

- <4>The resistance LEVEL will be automatically adjusted according to the graphs.
- <5> When the RPM is below 35, the LED display will flash “RPM UP” every 10 seconds.
- <6>If the computer doesn't receive any data within 8 seconds after pressing QUICK START, the LED panel will display “RPM UP” for 7 seconds; if the computer still doesn't receive the data, the LED panel will display “PAUSE” for 25 seconds, and return to POWER ON status.

#### **(4) After pressing “RESET” button**

- <1>Press “RESET” button to enter the “PAUSE” status when the computer is under POWER ON status. Press RESET button again, the data will be cleared and return to POWER ON status.
- <2>Under PAUSE status, if the computer receives “RPM” input, the console will switch to POWER ON status automatically.

### **P10 FITNESS TEST PROGRAM**

1. When the computer is under POWER ON status, press the “UP” or “DOWN” button to select “P10 FITNESS TEST” on LED panel.
2. Press the “ENTER” button to enter weight setting.

#### **(1)WEIGHT SETTING:**

- <1> When Matrix panel displays “WEIGHT=75Kg/ 165 lbs” and the LED panel displays “ENTER WEIGHT”, press “UP/DOWN” button to select the right weight, and then press ENTER button to record data and enter the next process.
- <2> Weight setting range : 20 kg~200 kg / 44 lbs ~ 440 lbs
- <3>To exit the program, press “RESET” button.

#### **(2)MALE / FEMALE SETTING:**

- <1>After WEITHG SETTING is complete, press “ENTER” button. The matrix panel will then display “M” while LED panel will display “ENTER SEX +/-“. Press “UP/DOWN” button to select the gender “M” or” F”. Press the “ENTER” button to record and move to the next program setting.

<2>To exit the program, press “RESET” button.

### **(3)AGE SETTING:**

<1> After GENDER SETTING is complete, press “ENTER” button. The matrix panel will then display “AGE 35” while LED panel will display “ENTER AGE“. Press “UP/DOWN” button to select the ages. Press the “ENTER” button to record and move to the next program setting.

<2> Age setting range : 10-99

<3>To exit the program, press “RESET” button.

### **(4) After pressing “QUICK START” button**

<1>TIME will start to count up until reaching the target time.

<2>The LED panel will display “PULSE, DISTANCE, CALORIES, RPM” data. (xxxP, xx0.0, xxx0, xxx0)

<3>”TIME, DISTANCE, CALORIES” will start counting up.

<4>The resistance LEVEL will be automatically adjusted according to the graphs.

<5>When the RPM is below 35, the LED display will flash “RPM UP” every 10 seconds.

<6>If the computer doesn’t receive any data within 8 seconds after pressing “QUICK START”, the LED panel will display “RPM UP” for 7 seconds; if the computer still doesn’t receive the data, the LED panel will display “PAUSE” for 25 seconds, and return to POWER ON status.

### **(5) After pressing “RESET” button**

<1>Press “RESET” button to enter the PAUSE status when the computer is under POWER ON status. Press RESET button again, the data will be cleared and return to POWER ON status.

<2>Under PAUSE status, if the computer receives “RPM” input, the console will switch to POWER ON status automatically.

## **P11 HEART RATE PROGRAM**

1. When the computer is under POWER ON status, press the “UP” or “DOWN” button to select “P11 HEART RATE PROGRAM” on LED panel.

2. Press the “ENTER” button to enter weight setting.

### **(1)WEIGHT SETTING:**

<1>When Matrix panel displays “WEIGHT=75Kg/ 165 lbs” and the LED panel displays “ENTER WEIGHT”, press “UP” or ”DOWN” button to select the right weight, and then press ENTER button to record data and enter the next process.

<2> Weight setting range : 20 kg~200 kg / 44 lbs ~ 440 lbs

<3>To exit the program, press “RESET” button.

### **(2)AGE SETTING:**

<1> After GENDER SETTING is complete, press “ENTER” button. The matrix panel will then display “AGE 35” while LED panel will display “ENTER AGE“. Press “UP” or “DOWN” button to select the ages. Press the “ENTER” button to record and move to the next program setting.

<2> Age setting range: 10~99

<3>To exit the program, press “RESET” button.

### **(3)TARGET HR SETTING:**

<1> After AGE SETTING is complete, press “ENTER” button. The matrix panel will then display “120” while LED panel will display “TARGET HEARTRATE“. Press “UP” or “DOWN” button to select the target HR. Press the “ENTER” button to record and move to the next program setting.

<2>TARGET HR setting range: 30~168

<3>To exit the program, press “RESET” button.

### **(4) TIME SETTING:**

<1> After finishing the target HR setting, press “ENTER” button, and matrix panel will display “TIME 30MIN” while LED panel will display “ENTER TIME”. Press UP/DOWN button to set the target time, and press “ENTER” button to record the data. Press “START “ button after LED panel shows “PRESS START”, and the console will enter POWER ON status.

<2> Time setting range : 1 min ~ 99 min.

<3>To exit the program, press “RESET” button.

### (5) After pressing “QUICK START” button

- <1>TIME will start to count up until reaching the target time.
- <2>The LED panel will display “PULSE, DISTANCE, CALORIES, RPM” data. (xxxP, xx0.0, xxx0, xxx0)
- <3>”TIME, DISTANCE, CALORIES” will start counting up.
- <4>The resistance LEVEL will be automatically adjusted according to the graphs.
- <5>When the RPM is below 35, the LED display will flash “RPM UP” every 10 seconds.
- <6>If the computer doesn’t receive any data within 8 seconds after pressing QUICK START, the LED panel will display “RPM UP” for 7 seconds; if the computer still doesn’t receive the data, the LED panel will display “PAUSE” for 25 seconds, and return to POWER ON status.

### (6) After pressing “RESET” button

- <1>Press “RESET” button to enter the “PAUSE” status when the computer is under POWER ON status. Press RESET button again, the data will be cleared and return to POWER ON status.
- <2>Under PAUSE status, if the computer receives “RPM” input, the console will switch to POWER ON status automatically.

## MATRIX GRAPH

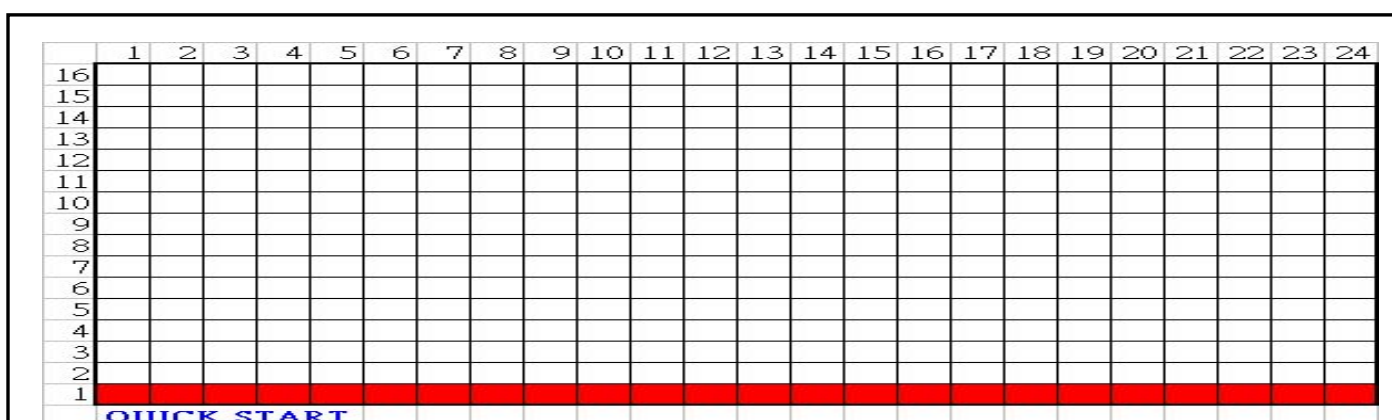


Fig. 1

# MATRIX GRAPH

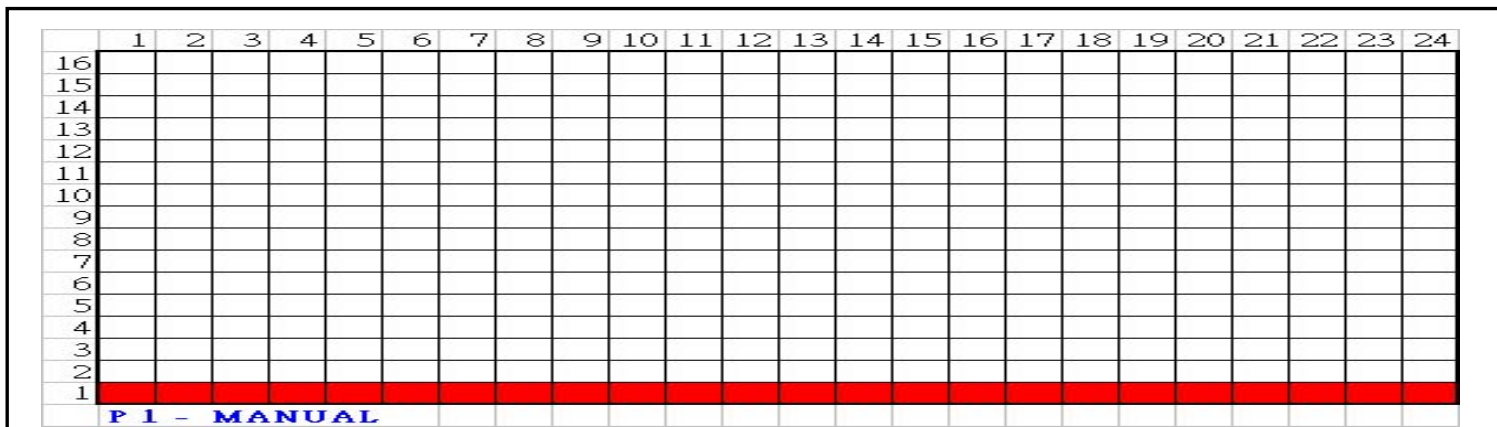


Fig.2

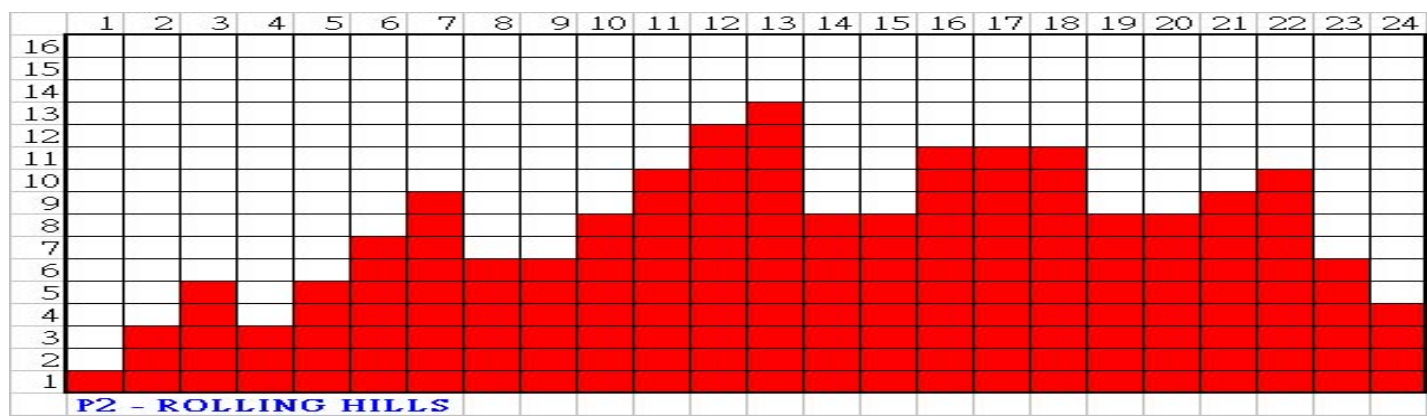


Fig.3

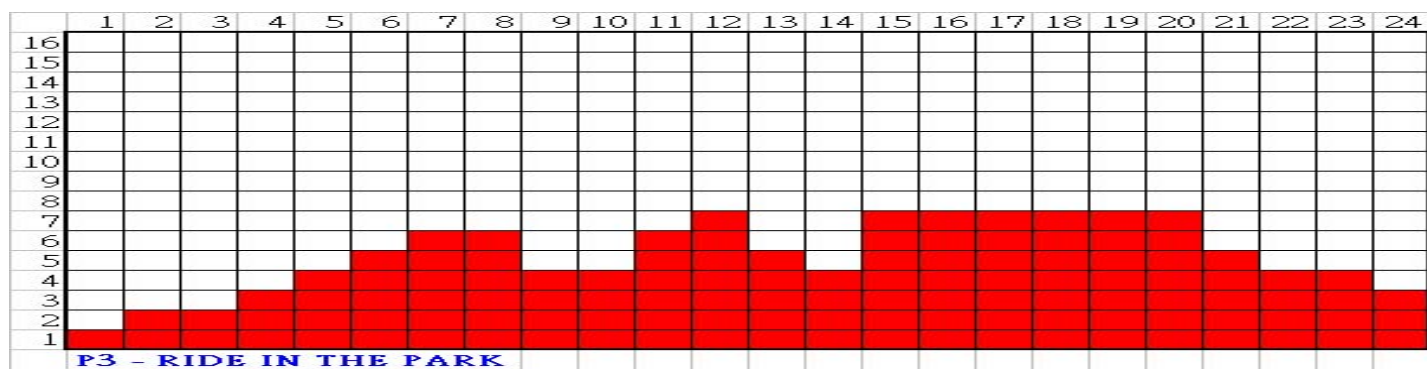


Fig.4

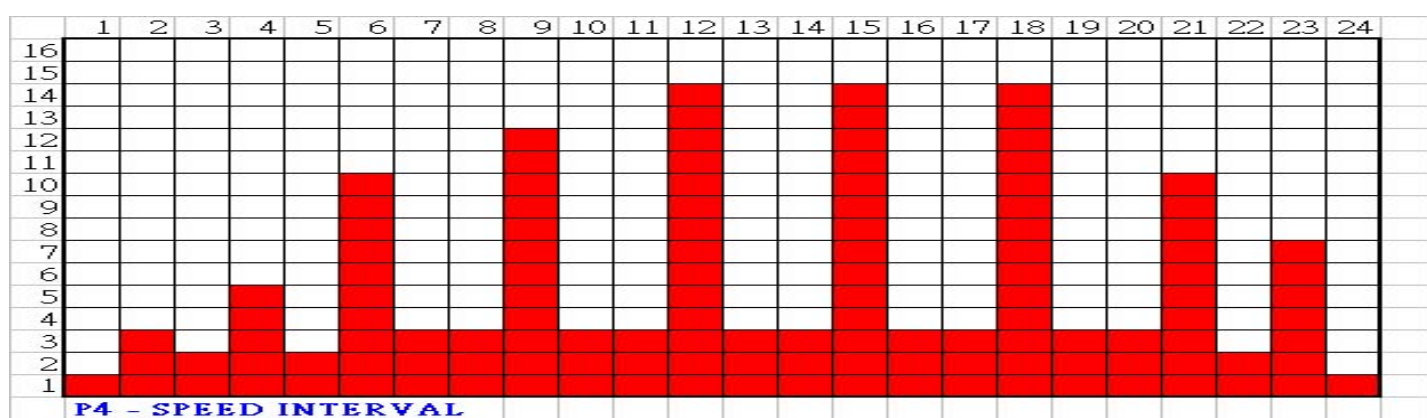


Fig.5

# MATRIX GRAPH

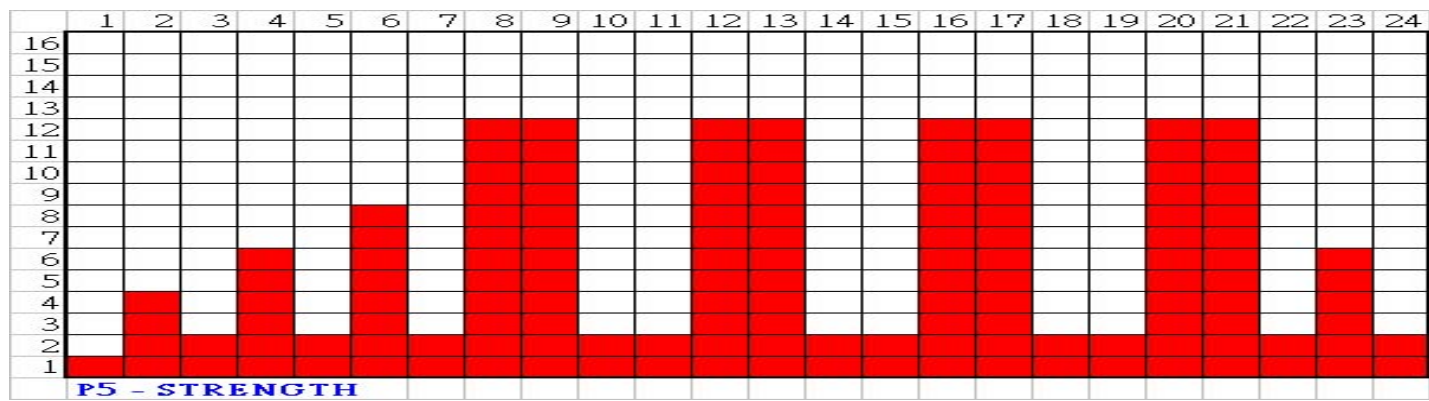


Fig.6

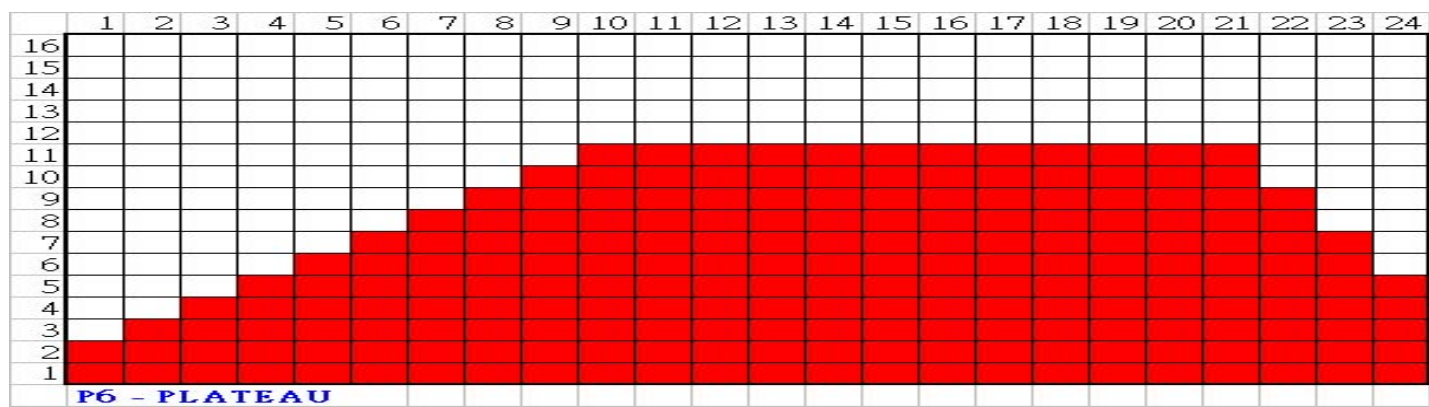


Fig.7

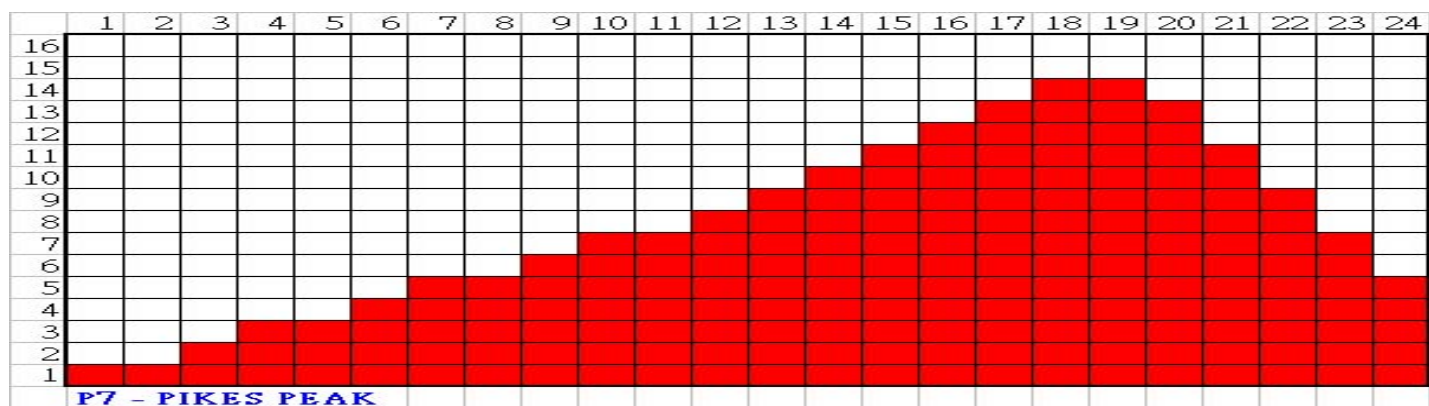


Fig.8

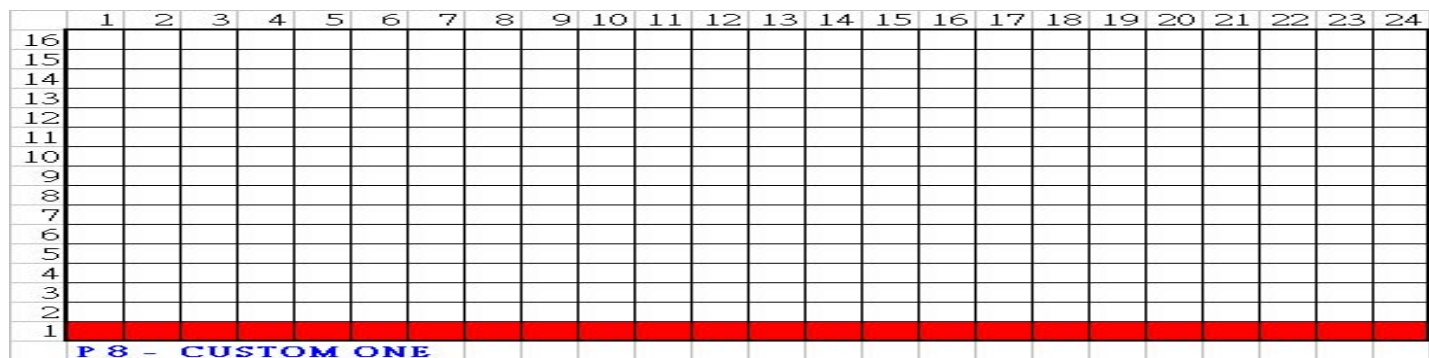


Fig.9

# MATRIX GRAPH

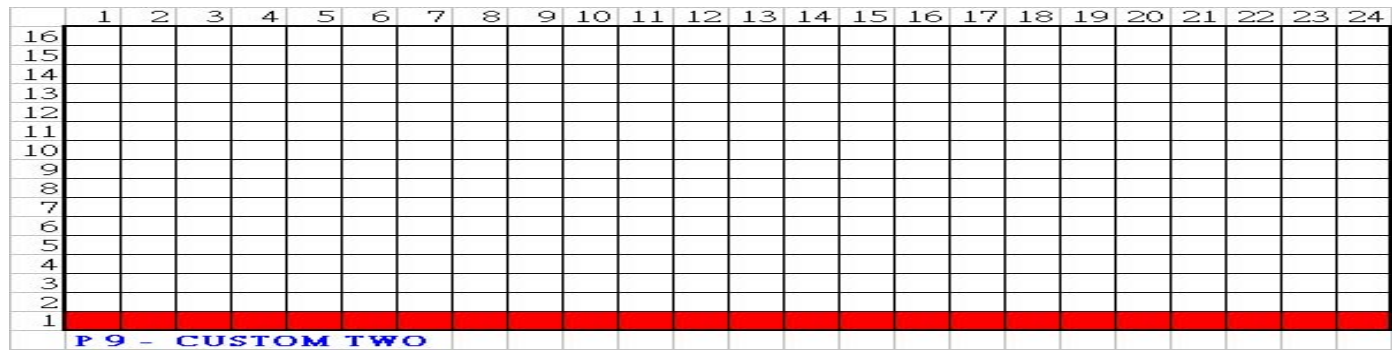


Fig.10

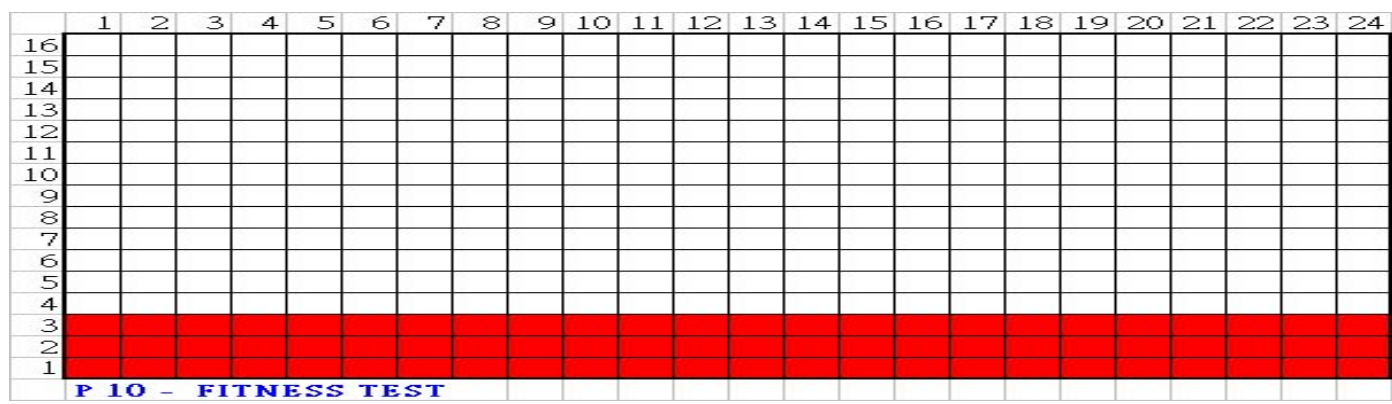


Fig.11

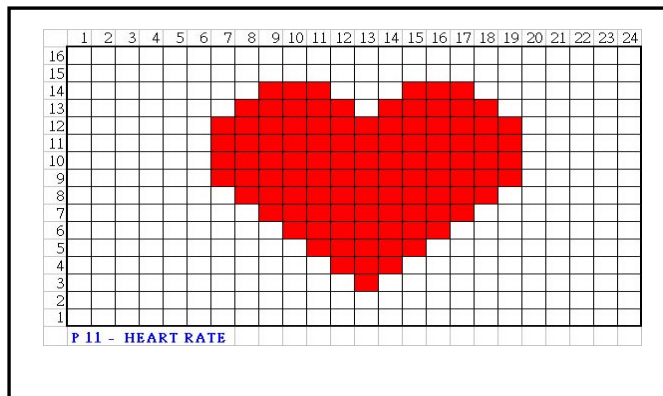
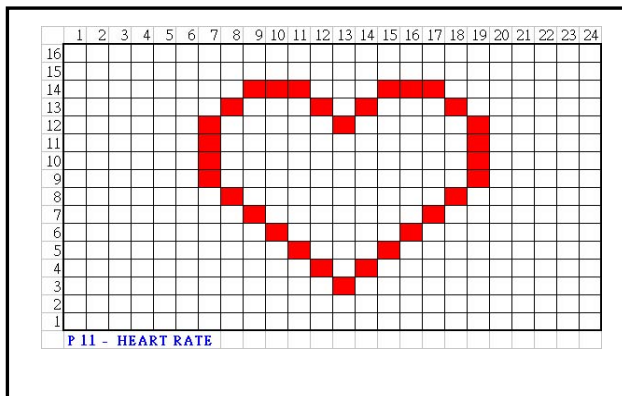


Fig.12