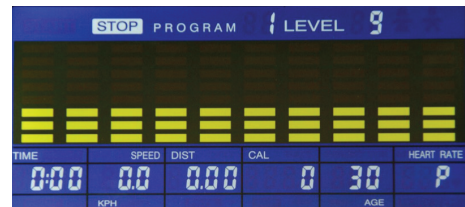




OPERATION PROCEDURE

- 01 When the power supply is connected to the machine the computer will power on with a long beep sound. all segments of the LCD display will light up for 2 seconds then Program 1 will flash at the top of the screen.



- 02 The main menu will be displayed. The user can press **START** to begin immediately in the manual mode. All values (**SPEED, DISTANCE, TIME**) will count up from Zero. Resistance level can be changed at any time during exercise by pressing **UP** or **DOWN**.

To Change the console from **MPH** to **KPH** hold down the **UP** and **DOWN** keys together, the console will beep and the distance would now have changed.

- 03 Before beginning the manual exercise the user can set the desired workout for **TIME, Distance, Calories**.
 - From main menu press **SELECT**, **TIME** will now flash, press the **UP** and **DOWN** buttons to alter the setting.
 - Press **SELECT** again to now adjust **CALORIES** and **AGE**. Press **START** to begin when details have been inputted. The inputted data will now count down from the entered information.

COMPUTER FUNCTIONS

- A Down
- B Start/Stop - Total reset
- C Recovery
- D Aux lead input
- E Up
- F Mode
- G Select

BUTTON FUNCTIONS

- Down**
To select training mode and adjust function value down.
- Start/Stop - Total Reset**
To start and pause workouts.
To Start body fat measurement.
Holding key for 3 seconds will reset all function values to Zero.
- Recovery**
To test heart rate recovery
- Aux Lead input**
Insert the Aux lead here to play music through the speakers.
- UP**
To select training mode and adjust function value up.
- Mode**
Press to switch display from, RPM to SPEED, DISTANCE to ODO (TOTAL ACCUMULATED DISTANCE).
- Select**
Press to insert Workout time, Distance, Calories and Age

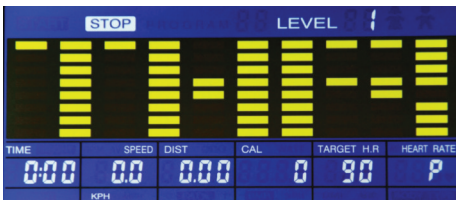
04 PROGRAM

- In main menu press **UP/DOWN** to select the program **P1 - P13**.
- Press **SELECT** to change the program **TIME, CALORIES** and **AGE**.
- Press **START** to begin.

- | | |
|---------------|----------------|
| • P1 Manual | • P8 Intervals |
| • P2 Rolling | • P9 Plateau |
| • P3 Valley | • P10 Climbing |
| • P4 Fat Burn | • P11 Off Road |
| • P5 Ramp | • P12 Hill |
| • P6 Steps | • P13 Fartlek |
| • P7 Obstacle | |

05 T.H.R

- In main menu press **UP/DOWN** to highlight **THR (Target Heart Rate)**.
- Press select to input **TIME** or **DISTANCE**, Press **UP/DOWN** to select Value
- Press **SELECT** to input **CALORIES**, Press **UP/DOWN** to select Calories
- Press **SELECT** to input **THR**, Press **UP/DOWN** to select **THR**
- Press **START** to begin

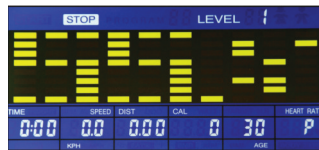


06 H.R.C Heart rate Control

- In Main menu press **UP/DOWN** to highlight **H.R. 55%,65%,75% or 85%**
- Press **SELECT** to input **TIME** or **DISTANCE**
- Press **SELECT** to input **CALORIES**.
- Press **SELECT** to input **Age**
- Press **Start** to begin.

Maximum users heart rate is worked out at $220 - \text{age} = \text{total TARGET HEART RATE}$ this is the maximum your heart rate (MHR) should be. You can then work out at 55%, 65%, 75% or 85% of this. For example: $220 - 25 (\text{users age}) = 195 \text{ MHR}$, from here you can work out the desired %

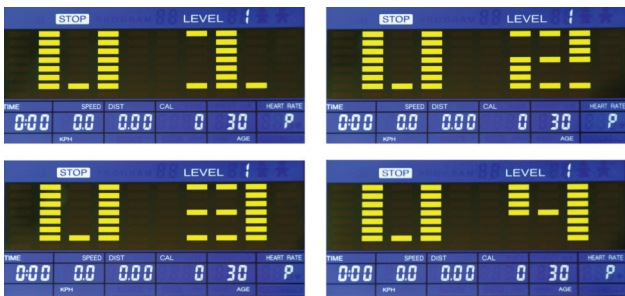
- The computer will record the **TARGET HEART RATE** and allow the user to work out within this, the resistance level will automatically be changed.
- If the heart rate is too high the computer will beep to indicate this.
- If no heart rate is being recorded the below will be displayed on the screen.



07 User Program

- User can create own workout profile.
- In main menu press **UP/DOWN** to select **U1,U2,U3** or **U4**.
- Press **SELECT** to input your **(TIME OR DISTANCE)**.
- Press **SELECT** again to adjust **CALORIES**.
- Press **SELECT** again to adjust **AGE**.
- Press **SELECT** again to adjust each **COLUMN**.
- Adjust each bar by pressing **UP/DOWN** then **SELECT** to move onto next column.
- Continue the above for all columns **(10 Columns)**.
- Press **START** to begin exercise once complete.

! If user sets up the target time to workout, then the next parameter of distance cannot be adjusted.



08 Body Fat Program

- In main menu press **UP/DOWN** to select **BODY FAT**
- Press **SELECT**
- Press **UP/DOWN** to select **GENDER**, now press **SELECT**
- HEIGHT** will now flash, input height **(CM)** Press **SELECT**
- WEIGHT** will now flash, press **UP/DOWN** to select weight **(KG)**
- AGE** will now flash, press **UP/DOWN** to select age.
- Press **START**
- After 15 seconds the display will show out body fat %, BMR (basal metabolism ratio), BMI (body mass index) and body type.

! E4 - Check details input are correct and hands are placed on the pulse



Note: Body Types

Type 1 - 5% - 9%	Type 5 - 25% - 29%
Type 2 - 10% - 14%	Type 6 - 30% - 34%
Type 3 - 15% - 19%	Type 7 - 35% - 39%
Type 4 - 20% - 24%	Type 8 - 40% - 44%

09 Recovery

- At any time during workout **RECOVERY** button can be pressed to record recovery level.
- Place both hands on the pulse sensors
- Once pulse is registering press **RECOVERY** button
- keep both hands on the pulse sensors
- Computer will count down from **60 seconds** and display your **PULSE**.

DO NOT REMOVE HANDS FROM THE SENSORS AS NO READING WILL BE GIVEN

- After the computer has counted down the 60 seconds a RECOVERY level reading will be given.

Recovery Fitness Grades

- F1 - Excellent
- F2 - Very Good
- F3 - Good
- F4 - Satisfactory
- F5 - Below Average
- F6 - Poor

Notes

- This computer is powered with a 9V power adaptor
- DO NOT USE ANY OTHER ADAPTOR WITH THIS MACHINE.**
- Chest strap** can be used with this product, runs on a **5K frequency**.
- If the computer is inactive for approximately 4 minutes it will shut down automatically and the resistance motor will reset. Press any button to turn the console back on.
- If at any time the computer does not function correctly remove the power supply and reconnect it to start.

! To Change the console from **MPH** to **KPH** hold down the **UP** and **DOWN** keys together, the console will beep and the distance would now have changed.