COMPUTER FUNCTIONS

TIME
Time will count between 0.00 and 99.59 (minutes:seconds).

SPEED
Current workout speed will be displayed between 0.0 and 99.9 Km or Miles.

DISTANCE
Accumulates the total distance between 0.0 and 99.9 Km or Miles.

CALORIES
Records the users calories burnt between 0 and 999.

PULSE
Will measure and display the users pulse between 30 and 230bpm. A pulse alarm will be heard when you exceed the preset target pulse.

RPM
Measures the rotation of the flywheel in a minute between 0 and 999rpm.

WATTS
Displays the workout power consumption between 0 and 999W.

BUTTON FUNCTIONS

1 UP
Used to increase resistance level and confirm a selection.

2 DOWN
Used to decrease resistance level and confirm a selection.

3 ENTER
Used to confirm a setting or selection.

4 RESET
Used to revert to main menu whilst setting up a workout or when pushed for two seconds the computer will reboot and start from default settings.

5 START / STOP
Press to start or stop a workout.

6 RECOVERY
A program to test heart rate recovery.

OPERATION

POWER ON

Once your fitness equipment is assembled and correctly positioned, start pedaling above 15RPM.
The computer will turn on and all the LCD segments will light up for 2 seconds.

GETTING STARTED

The console will display U1.

Use the UP / DOWN keys to change between user profile U1, U2, U3 and U4.

Press ENTER to confirm your selection.

Set your gender (male is the default) using the UP / DOWN keys. Press ENTER to confirm.

Set your age (25 years is the default) using the UP/DOWN keys. Press ENTER to confirm.

Set your height (160cm is the default) using the UP/DOWN keys. Press ENTER to confirm.

Set your weight (50Kg is the default) using the UP/DOWN keys. Press ENTER to confirm.

You will now see the startup screen (**M** will be flashing):
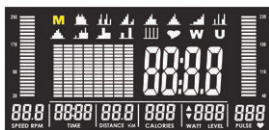
When you stop pedaling the console will remain on for 90 seconds (when battery is fully charged) before
entering power saving mode.

PROGRAM SELECTION

From the startup screen, you can choose from a number of programs; MANUAL, P1-P12, H.R.C., WATT
or USER PROGRAM.

During any program, you can pause your workout by pressing START/STOP. To adjust the resistance
level press UP/DOWN and to return to the main menu press RESET.

MANUAL MODE **M**

1. Press UP / DOWN until Manual (**M**) is flashing.

2. Press ENTER to confirm.

3. Set your program targets; level will be flashing. Adjust using the UP / DOWN keys.

4. Press ENTER to confirm.

5. Repeat for time, distance, calories and pulse, each time pressing ENTER to confirm.

    NOTE: If you do not want to set a target value then just press enter to leave as zero.

6. Press START/STOP button to begin your workout.

If you have set multiple targets, the program will end once the first target has been achieved.

PROGRAM MODE (P1-12)

1. Press UP / DOWN until your required workout program is flashing (choice of 12).

2. Press ENTER to confirm.

3. Press UP / DOWN to set workout level and time.

4. Press START/STOP to begin your workout.

P1

P2

P3

P4

P5

P6

P7

P8

P9

P10

P11

P12
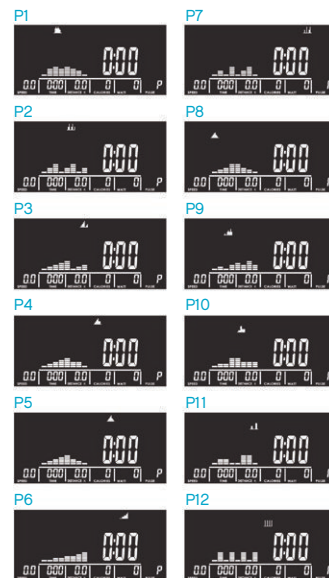
HEART RATE CONTROL

1. Press UP / DOWN until the HRC program is flashing.
2. Press ENTER to confirm.
3. Press UP / Down to select 55%, 75%, 90% or TA (TARGET H.R. – default = 100bpm).
If you have selected TA then use the UP/DOWN keys to change your target pulse value.

To calculate your target heart rate:
Formula: (220-Age) X _____%
Example: Age 25 choosing 75% you will target your heart rate to (220-25) x 75%= 146/min
4. Press UP / DOWN to set workout time.
5. Press START/STOP to begin your workout.

USER PROGRAM MODE

1. Press UP / DOWN until user program is flashing.
2. Press ENTER to confirm.
3. Press UP / DOWN to set resistance of each column.
4. Press ENTER to move to the next column.
5. Press START/STOP to confirm.
6. Press UP / DOWN to set workout time.
7. Press START/STOP to begin your workout.

WATTS MODE

1. Press UP / DOWN until Watts program (W) is flashing.
2. Press ENTER to confirm.
3. Press UP / DOWN to set target WATTS.
4. Press ENTER to confirm.
5. Press UP / DOWN to set TIME.
6. Press START/STOP to begin your workout.

RECOVERY MODE

This function evaluates your fitness level by measuring how quickly your heart rate "recovers" over a period of 1 minute.

1. Press the RECOVERY key at the end of your workout.
2. You must hold the pulse sensors throughout the recovery test.
3. The timer will count down from 60 seconds. At the end of the recovery program you will be given a score:

1.0O	UTSTANDING
1.0<F<2.0E	XCELLENT
2.0<F<2.9G	OOD
3.0<F<3.9F	AIR
4.0<F<5.9	BELOW AVERAGE
6.0	POOR