

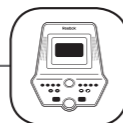
UK

# Reebok

## TITANIUM

TITANIUM CONSOLE USER GUIDE  
TC1.0/TX1.0

TITANIUM TC1.0/TX1.0 COMPUTER



|            |          |          |              |
|------------|----------|----------|--------------|
| LCD        | <b>A</b> | <b>D</b> | QUICK START  |
| RESET      | <b>B</b> | <b>E</b> | RECOVERY     |
| START/STOP | <b>C</b> | <b>F</b> | I-DRIVE KNOB |

BUTTON OPERATION

DRIVE KNOB



- Rotate the **i-Drive** knob to adjust the setting values or resistance levels, turn clockwise to increase and anticlockwise to decrease. Resistance levels can be adjusted from L1 - L20.
- Press the **i-Drive** knob to confirm the value and move to the next step.

QUICK START



Press to begin exercising immediately in manual mode.

START/STOP



- Press to start a program.
- During any exercise press to pause the program, all values will remain on display. Press again to resume.

RESET

- When in the USER profile setting mode, press to revert to USER code selection.
- When in program set up mode or pause status, press to revert to program selection.
- Press and hold for 3 seconds, the console will revert to power on status.

RECOVERY

Press to enter the heart rate recovery test mode.

## GETTING STARTED

- When the power is switched on the computer will beep and the full screen display will be shown for 2 seconds (Figure 1). The computer will then enter the user profile setting mode (Figure 2).
- If no use is detected for a period of 4 minutes the computer will switch off. Begin to pedal to turn back on.



FIGURE 1

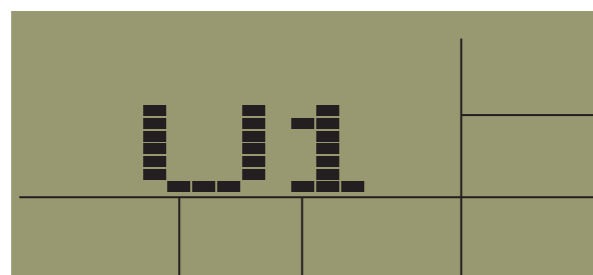


FIGURE 2

- You can simply press the **QUICK START** button to start the workout immediately without setting the user profiles or pre-set programs. The resistance can be adjusted by rotating the **i-Drive** at any time.

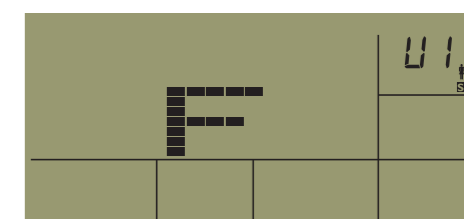
## USER PROFILE SETTING

From power on screen, rotate the **i-Drive** knob to select the user (**U1, U2, U3, U4, U5**) press to confirm selection.

### GENDER

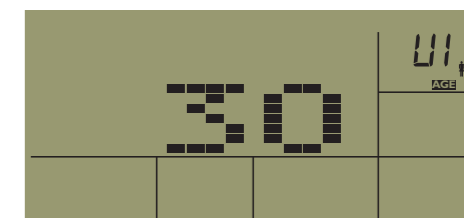


**SEX** will be displayed on right side of screen. Select the gender by rotating the **i-Drive** knob, "F" = female, "M" = male. Press the **i-Drive** to confirm.



### AGE

**AGE** will be displayed on right side of screen. Select by rotating the **i-Drive** knob. Press the **i-Drive** to confirm.



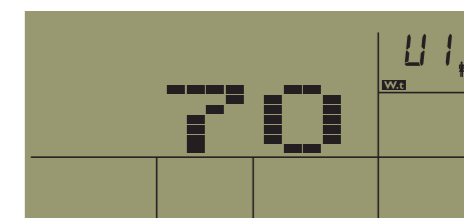
### HEIGHT

**H.t** will be displayed on right side of screen. Select by rotating the **i-Drive** knob. Press the **i-Drive** to confirm.



### WEIGHT

**W.t** will be displayed on right side of screen. Select the weight by rotating the **i-Drive** knob. Press the **i-Drive** to confirm.



The console will enter the programs selection mode.



To change the user code, press **STOP**, then press and hold **RESET** button for 3 seconds to go back to power on screen.

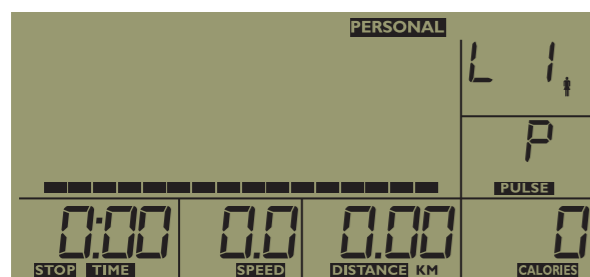
## PROGRAMS

Select the desired program by rotating the **i-Drive** knob, the pre-set programs will display on top of screen,

**MANUAL** **PROGRAM** **FITNESS** **PERSONAL** **H.R.** **RANDOM**

Press the **i-Drive** knob to confirm selection.

### MANUAL



Set the level:  
Rotate the **i-Drive** knob to adjust and set the level (resistance). This is setting up the resistance level at the beginning of exercise; the user can adjust the resistance level afterwards. Press the **i-Drive** knob to confirm the value. You can press **START** button to start the exercise or set up the target time as below.

During the exercise, the resistance can be adjusted by rotating the **i-Drive** knob.

### TIME



Set the target exercise time by rotating the **i-Drive** knob or press the **i-Drive** knob when on 0 to skip target time setting. After setting the target time, press the **i-Drive** knob to confirm. You can press the **START** button to start the exercise or set up the target distance as below.

### DISTANCE

Set the target distance by rotating the **i-Drive** knob or press the **i-Drive** knob to skip target distance. After setting the target distance, press the **i-Drive** knob to confirm. You can press the **START** button to start the exercise or set the target calories as below.

## CALORIES

Set the target calories by rotating the **i-Drive** knob or press the **i-Drive** knob to skip target calories. After setting the target calories value, press the **i-Drive** knob to confirm. You can press the **START** button to start the exercise.



In **MANUAL** program, the pre-set target time, target distance and target calories will countdown on display until the first one reaches 0. Any values not inputted will count up from 0.

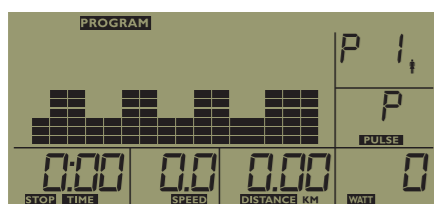
## PROGRAM

- Press the **i-Drive** knob to confirm the PROGRAM selection.
  - Rotate the **i-Drive** knob to select P1 - P12. **Press to confirm the selection.**
  - Once the program is confirmed you will enter the resistance level selection mode, you can adjust the resistance levels by rotating the **i-Drive** knob and pressing to confirm.
  - Target **TIME:**
  - Target **DISTANCE:**
  - Target **CALORIES:**
- If required, these are set as per the previous instructions in the manual mode.

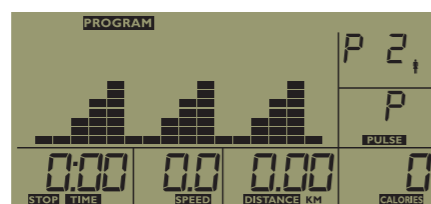


1. In the PROGRAM mode the pre-set target time, target distance and target calories will countdown display until the first one reaches 0. Any values not inputted will count up from 0.
2. When user adjusts the resistance level during the exercise the adjustment will apply to the entire program, the remaining segments of the program will all be increased by one resistance level. Based on this the user may not be able to adjust the current resistance to top level due to the later segments (program profile) could already reach the top level of resistance

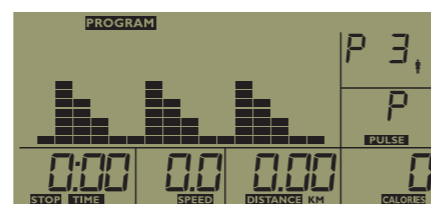
P1 – P12 program guide



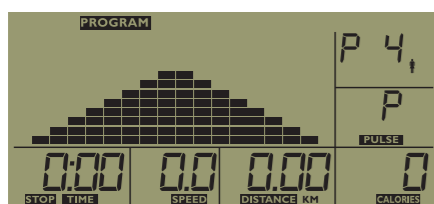
P1



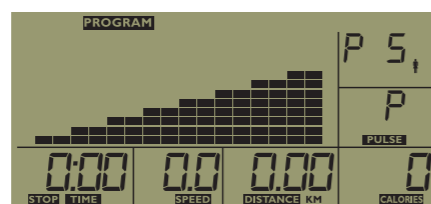
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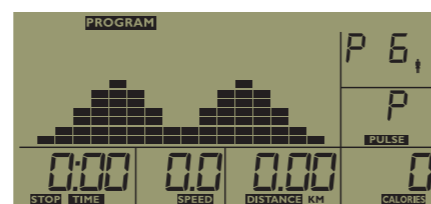
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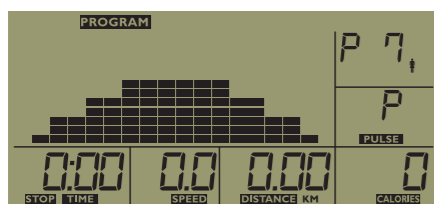
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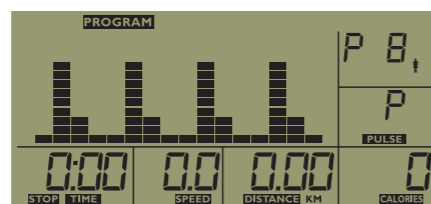
P5



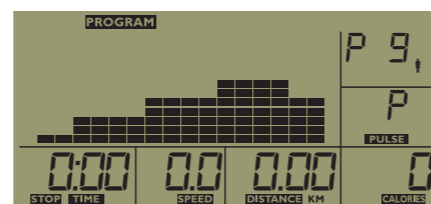
P6



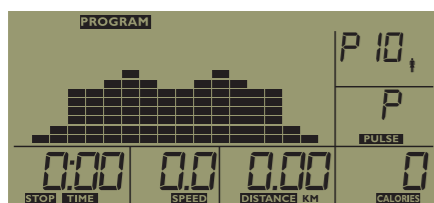
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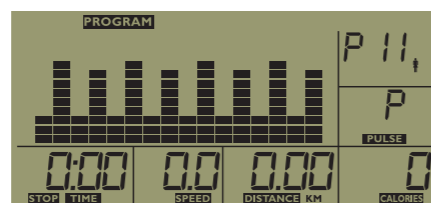
P8



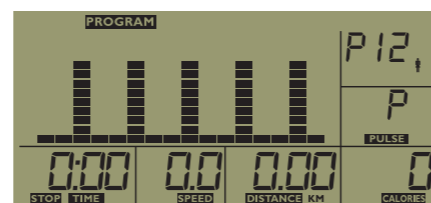
P9



P10

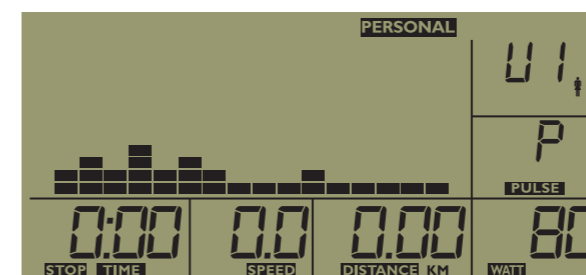


P11



P12

PERSONAL



- Press the **i-Drive** knob to confirm the selection. In the PERSONAL mode users can pre-set the resistance for each segment of the exercise.
- Rotate the **i-Drive** knob to select the desired resistance level in the first segment, then press the **i-Drive** to confirm and move to the next segment.

Follow these instructions for all segments, once complete press and hold the **i-Drive** for 3 seconds to save. You will then enter the target time setting mode..

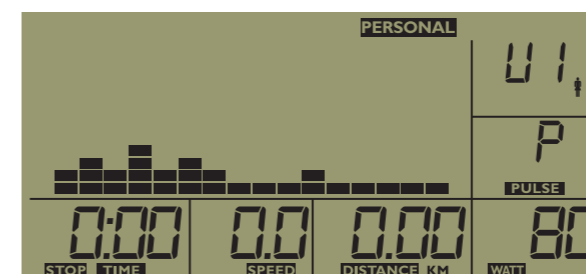
- Target **TIME**:
- Target **DISTANCE**:
- Target **CALORIES**:

If required, these are set as per the previous instructions in the manual mode.



In the PROGRAM mode the pre-set target time, target distance and target calories will countdown display until the first one reaches 0. Any values not inputted will count up from 0.

H.R.C. (HEART RATE CONTROL)



Press the **i-Drive** knob to confirm the selection of H.R.C. mode. This program requires the users heart rate signal to be monitored during the exercise. Please hold the hand pulse sensor or use wireless chest belt (optional) during the exercise.

Select the target heart rate levels that are based on percentage of personal maximum heart rate,  $220 - \text{age} = \text{maximum heart rate}$ .

Rotate the **i-Drive** knob to select the target heart rate levels **55%, 75% or 90%, Tag (Target Heart Rate BPM)**. Press the **i-Drive** to confirm.

During the H.R.C. program the computer will detect the users heart rate every 30 seconds. The computer will maintain the existing resistance level if the users heart rate is within of +/-4 of target heart rate. The resistance will increase automatically by 1 level if user heart rate value (BPM) is lower than the target heart rate and within range of -10. The resistance will decrease automatically by 1 level if user heart rate value (BPM) is higher than the target heart rate and within range of +10.

The resistance will increase automatically by 2 levels if user heart rate value (BPM) is lower than the target heart rate as -11 or lower. The resistance will decrease automatically by 2 levels if user heart rate value (BPM) is higher than the target heart rate as +11 or higher.



### TARGET HEART RATE 55%



55% of personal maximum heart rate. The target heart rate BPM =  $(220 - \text{users age}) \times 55\%$ . Once you press the **i-Drive** knob to confirm the selection, console will enter the target exercise time set up mode.

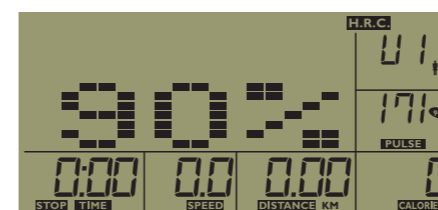
Follow previous information to set Time, Distance or Calories during workout.

### TARGET HEART RATE 75%



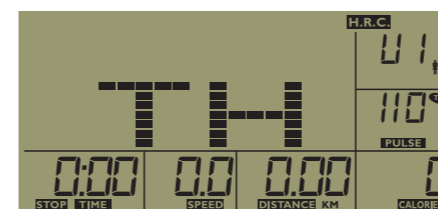
75% of personal maximum heart rate. The target heart rate BPM =  $(220 - \text{user age}) \times 75\%$ .

### TARGET HEART RATE 90%



90% of personal maximum heart rate. The target heart rate BPM =  $(220 - \text{user age}) \times 90\%$

### TH (TAG) TARGET HEART RATE BPM



In this mode, you can set the target heart rate BPM value.

Press the **i-Drive** knob to confirm the selection of **Tag**, then rotate the **i-Drive** knob to adjust the target heart rate BPM and press to confirm. Console will enter the target exercise time set up mode.

Follow previous information to set Time, Distance or calories during workout.

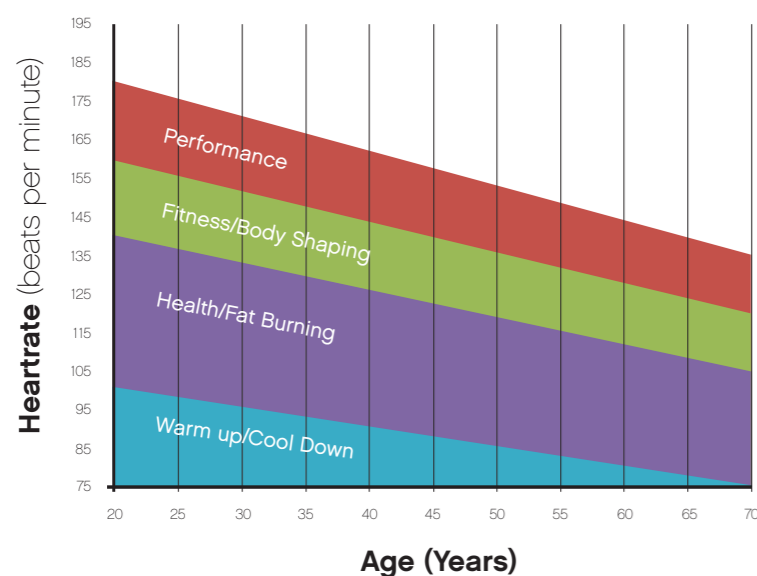
### HEART RATE DIAGRAM

You can calculate the target-heartrate for your training as follows:

Maximum heartrate = 220 minus age

For the different training targets you should train with the following percentage of your maximum heart rate:

|                      |                                 |
|----------------------|---------------------------------|
| HEALTH/FAT BURNING:  | 50 - 70% OF YOUR MAX. HEARTRATE |
| FITNESS/BODYSHAPING: | 70 - 80% OF YOUR MAX. HEARTRATE |
| PERFORMANCE:         | 80 - 90% OF YOUR MAX. HEARTRATE |



Example:

You are 25 years old and want to train for the target Fitness:

$$220 - 25 = 195$$

$$70\% \text{ of } 195 = 136.5$$

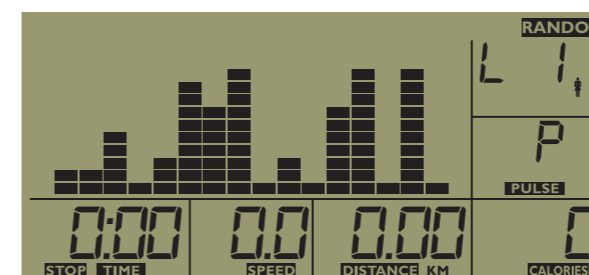
$$80\% \text{ of } 195 = 156$$

The target heartrate should be between 136.5 and 156 beats per minute.



This information is for reference only. To determine your individual training intensity or if you have an existing health issue please consult your physician before starting exercising.

## RANDOM



Press the **i-Drive** knob to confirm the selection. In this program the computer will randomly select the resistance of each exercise segment.

After entering the RANDOM mode, you can follow the previous information to set the Time, Distance or Calories.

## RECOVERY TEST

- In any exercise mode, you can press the **RECOVERY** button to enter the recovery test mode. This is a program to test the performance of users heart rate recovery. Please hold the hand pulse sensors or use wireless chest belt (optional) as soon as you press the **RECOVERY** button.
- (1) In first 10 seconds the console will detect the user heart rate signal. If console doesn't get the input of user heart rate signal during the first 10 seconds, this program will fail and quit to power on status.
- (2) If console detects the users heart rate during the first 10 seconds, it will enter the recovery test program for 60 seconds. The time display will countdown from 60 seconds.

Figure 2-1 shows the screen status during the recovery test. Please ensure that you hold the hand pulse sensors or use wireless chest belt (if available) during entire recovery test program for 60 seconds. After the time display countdown to zero, the test result will be displayed as per figure 2-2.



FIGURE 2.1



FIGURE 2.2

| DISPLAY RESULT | STATUS        |
|----------------|---------------|
| F1             | EXCELLENT     |
| F2             | VERY GOOD     |
| F3             | GOOD          |
| F4             | NORMAL        |
| F5             | BELOW AVERAGE |
| F6             | POOR          |





