

**Initial operating process:****Step 1**

Use UP or DOWN buttons to select U1 (User number 1) to U4 (User number 4) as the user's identification.

**Step 2**

You may use UP or DOWN to select training mode in MANUAL or PROGRAM (12 different profiles) or USER or TARGET HEART RATE control (4 different options for training). If you select training with Target Heart Rate control mode, you need to input AGE data, and switch to next procedure.

**Step 3**

You may use UP or DOWN to adjust the training LOAD/DIFFICULTY level from 1 to 16 under MANUAL, PROGRAM and USER mode.(Exclude TARGET HEART RATE CONTROL mode)

**Step 4**

You may use UP or DOWN to preset training function dates, when each function data has been preset, press MODE/ENTER.

Available preset training functions:

- **TIME:**  
Preset area is from 00:00 to 99:00, each increment is 1:00 (minute).
- **DISTANCE:**  
Preset area is from 0.00 to 99.90, each increment is 0.10 km or ml.
- **CALORIE:**  
Preset area is from 0 to 990, each increment is 10 cal.
- **WATT:**  
Preset area is from 10 to 350, each increment is 10 watt (WATT can be preset under MANUAL mode only).
- **PULSE:**  
Preset area is form 30 to 240, each increment is 1 BPM. (Exclude in TARGET H.R control mode)

**Step 5**

Press START/STOP button to start training.

## Training Mode Instruction:

### To start your training:

As soon as you press START/STOP button, the computer starts working:

There will be four different symbols shows up to help your training:

Training in MANUAL - You may adjust the tension load from 1 to 16 during training when you did not preset WATT data. If you have preset WATT, tension load will be auto-adjusted depends on the current speed and watt values you are working out. There will be four different symbols shows up to help your training:



You need to slow down the training speed.



You need to speed up the training.

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This is to remind the current WATT is OVER SPEC, and you need to speed up or slow down training speed accordingly.

\*\* When the WATT is over spec, computer has Bi-Bi-Bi/second to remind you. If you keep training under this mode for over 3 minutes, the computer has an ALARM with 6 beeps sounds for 30 seconds, and the computer system STOP automatically, at this moment, LOAD is down to 1, and preset WATT data is zero. During the ALARM period, you can stop ALARM by pressing any function buttons

### Training with 12 profiles

You can adjust the tension difficulty during training any time.

### Training in TARGET H.R. control

The tension difficulty will be auto-adjusted according to the current heart rate figure. If your heart rate figure is under the target pulse, the tension difficulty will be up-adjusted one level per 30 seconds, up to the maximum level 16. As soon as your heart rate figure is achieved at the target pulse, tension difficulty will be down-adjusted one level immediately, and keep down-adjusted one level per 15 seconds until level 1. If your current heart rate is still over (or equal to) the target pulse for 30 seconds when tension is level 1, the computer system will STOP and ALARM for 6 beeps to remind you as the training protection.

## To stop your training

### Training with PRESET function dates

As soon as the preset function dates counting down to zero, (pulse figures excluded) the computer has 8 beep sounds and remind you. At this moment, the computer will stop working. You may press START/STOP button to start the computer working and counting up from the previous dates.

### Interrupt training

You may press START/STOP button to stop computer working during training any time.

### To reset program:

You may press RESET button to reset the PROGRAM and select the training mode and tension load or difficulties under STOP mode. If you hold on pressing the RESET button for 2 seconds, all dates (including personal dates) will be total reset.

## Functions

### „TIME“

Count Up: The computer starts counting up from 00:00 up to 99:59 during training.  
Count Down: The computer will count down from the preset Time to 00:00.

### „SPEED“

Displays the current SPEED from 0.0 to maximum 99.9 km.

### „DISTANCE“

Count Up: The computer accumulates total workout distance from 0.00 to the max. 99.90 during training.  
Count Down: The computer will count down from the preset Distance to 0.00.

### „CALORIES“

Count Up: The computer accumulates the calories consumption from 0 to the max. 990 cal during training.  
Count Down: The computer will count down from the preset Calories to 0. This data is a rough guide for comparison of different exercise sessions that can not be used for medical treatment

### „PULSE“

The heart rate figure displays with the symbol flashing on the bottom field after you holding (handpulse) on the grips with both hands. The heart rate figure displays area is from 0 to 240 BPM. You may preset target pulse to assist the training. The options you may have are as the following:

#### Alarm:

If you preset the target pulse under training with Manual or Program 1, the computer will alarm to remind as soon as your current heart rate is achieved at the preset figure.

#### Load tension adjustment:

If you preset the target pulse under training with program 2, the load tension difficulty will be controlled by your current heart rate figure compared with the preset target.

### “RECOVERY”

After exercising for a period of time, keep holding on grips and press „RECOVERY" button, all function display will stop except "Time". Time starts counting down from 00:60 - 00:59 - 00:58 - to 00:00. As soon as 00:00 is reached, the bottom area of LCD will show your heart rate recovery status with the grade F1, F2, ... F6. F1 is the best, and F6 is the worst. You may keep exercising to improve the heart rate recovery status day by day from F6 up to F1.

\*\* Press the RECOVERY button again to return the main display.

### Note:

1. When there is no signal been transferred into the computer for 4 minutes, the LCD display will shut off automatically, and all previous training dates will be stored. You may press any button to have the computer restart working.
2. The monitor can store each user's preset function dates. When the monitor is power on, the LCD will display the previous (before power off) user's identification including his presetting function dates of Time, Distance, Calories, Watt (if training in manual), or Pulse values.
3. Each user may press and hold on RESET button for 4 seconds to have initial LCD display and the monitor has the same result procedure as abovementioned point 2