

DESCRIPTION



This product is used UM series motor system.

1. POWER ON

The beeper beeps a long sound after plug in adaptor (6V, 500MA), and all LCDs are lit up for 2 seconds, then it enters initial workout mode.

2.. BUILT-IN Heart Rate Receiver with chest Belt

The computer with built-in Heart Rate receiver , the user can put on chest belt to detect the Heart Rate beat.; How to put on chest belt, please refer Chest Belt user manual.

FUNCTION	
SCAN	: Alternates between WATTS/CALORIES and RPM/SPEED. 6 seconds per display.
RPM	: 0~15~999
SPEED	: 0.0~99.9 km/h
TIME	: 0:00~99:59.
DISTANCE	: 0.00~99.99 km
CALORIES	: 0~999.
WATT	: 0~999
PULSE	: P~30~240
HEART SYMBOL	: ON / OFF flashes
MANUAL	: 1~16 level
PROGRAM	: P1~P12
WATTS CONSTANT	: 10~350
PERSONAL	: U1~U4
H.R.C	: 55%、 75%、 90%、 IND (TARGET)
PULSE	: P~30~240 , max value is available.
USER DATA	: U0 ~U4 (U1 ~ U4 memorized user data)
◆ AGENDA / SEX	: GIRL / BOY  
	SYMBOL select
◆ AGE	: 10-25-99
◆ HEIGHT	: 100-160-200 (CM) / 40-60-80 (INCH)
◆ WEIGHT	: 20-50-150 (KG) / 40-100-350 (LB)

DESCRIPTION

This product is used Motorized series system.

1. PRE-SET USER/SEX/AGE/HEIGHT/WEIGHT

User inputting his/her real user data (sex / age/ height / weight) into computer to store it to be used in calculated reference.

2. SELECT MANUAL/PROGRAMS/ WATT CONSTANT/PERSONAL/H.R.C

User can choose different control mode to start his work out. See below is main description of each control mode.

3. EXECUTE MANUAL/PROGRAMS/ WATT CONSTANT/PERSONAL/H.R.C

Execute selected control mode.

4. PRE-SET TIME/DISTANCE/CALORIES/WATTS/HEART RATE

Setting and inputting user wanted function value of above, the function value of display will count down to zero; or user can not inputting these, just forget setting value, computer will know your workout is from 0 to end value.

5. PRESS ENTER/UP/DOWN/START/PAUSE

Use UP + / DOWN – key to increase / decrease function value in setting mode or choose program P1-P12.

After setting each function value to press “ENTER” to confirm your setting

START / RESET- Finish setting FUNCTION VALUE then press START to start operating; user can press “STOP” if he/her want to STOP workout a while.

6. TEST RECOVERY

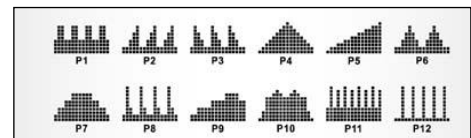
Press RECOVERY , the computer will calculate your recovery value on display regarding with your user data and actual workout function value.

FUNCTION DESCRIPTION

MANUAL Set the resistance level using the dot matrix display then (if required) set exercise parameters TIME/DISTANCE / CALORIES / PULSE then press START/STOP to START manual program.

PROGRAM 12 automatic adjusting programs with control exercise (P1~P12),

Resistance level can be adjusted during PROGRAM DIAGRAM is flashing.



WATTS CONSTANT User can default WATTS value at his/her desire 10-350 watts between 10~350 watts by using the UP/DOWN knob. To fix WATTS constant value and then press START/STOP key. Utilizing WATTS control mode to train yourself in different WATTS's constant.

PERSONAL Create your own Program profile through U1~U4 by setting the resistance level for each individual segment. Then the Program will be automatically saved for future use. U0 ENTER can be set the same as U1~U4 but this Program cannot be saved.

H.R.C HEART RATE CONTROL- Select your own target Heart Rate of choose one of the preset programs

55%, 75% , or 90%. Please enter your age into the User Data to ensure that your target heart rate is set correctly. The PULSE display will flash when you have reached your target heart rate according to the Program you have chosen.

- i. 55% -- DIET PROGRAM
- ii. 75% -- HEALTH PROGRAM
- iii. 90% -- SPORTS PROGRAM
- iv. TARGET—USER SET TARGET HEART RATE

RECOVERY:

When you have finished your workout, press RECOVERY. For RECOVERY to function correctly, it needs your Heart Rate input. TIME count down from 1 minute and then your fitness level from F1 to F6 will displayed.

NOTE: during RECOVERY, no other displays will operate.

F 1 ~ F6 = RECOVERY HEART RATE LEVEL

Get the result from F1 - F6.

Score [Ⓢ]	Condition [Ⓢ]	Heart Rate [Ⓢ] (from test HR minus end HR) [Ⓢ]
F1 [Ⓢ]	Excellent [Ⓢ]	Above 50 [Ⓢ]
F2 [Ⓢ]	Good [Ⓢ]	40 ~ 49 [Ⓢ]
F3 [Ⓢ]	Average [Ⓢ]	30 ~ 39 [Ⓢ]
F4 [Ⓢ]	Fair [Ⓢ]	20 ~ 29 [Ⓢ]
F5 [Ⓢ]	Poor [Ⓢ]	10 ~ 19 [Ⓢ]
F6 [Ⓢ]	Very Poor [Ⓢ]	Under 10 [Ⓢ]

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OPERATION

%__ After power-on U1 by default but you can select any User ENTER by turning the UP/DOWN key the press the ENTER key for confirmation. Input user data, sex, age, height, weight on top –right window. Then press ENTER key for confirmation.

%__ Function Control display will flash indicating you can select the Programs P1-P12 by turning UP/DOWN key and then press ENTER key for confirmation. Any of the default values can be changed by pushing the ENTER key until the desired program profile is flashing. Press the ENTER key again for confirmation.

%__ When the Program and other protocols are entered press START/STOP key and begin your workout.

TIPS

1. Option: Plug in AC Adaptor (**6 VOLT, 1A**).
2. Keep moisture away from computer.