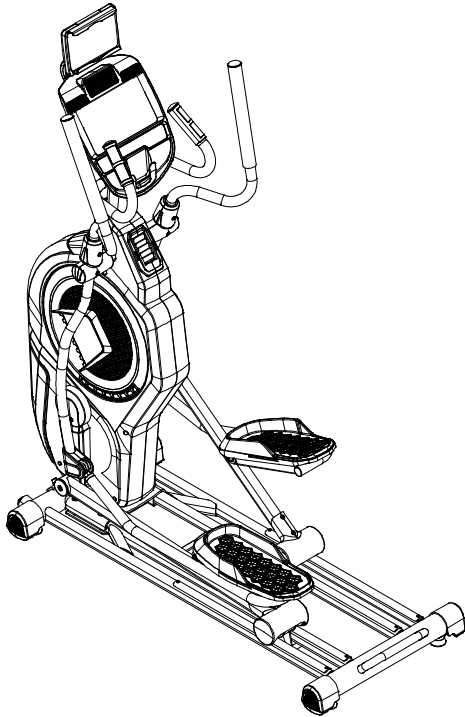


Owner's Manual



Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version 1

Thank you

Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness – and all this in a familiar environment.

Precautions

WARNING: This elliptical has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the elliptical trainer. The following safety precautions should also be observed:

- ◆ This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- ◆ Children should not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- ◆ It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions. Use the elliptical only as described in this manual.
- ◆ Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this bicycle is kept.
- ◆ Inspect and assemble all parts properly. Secure all screws and bolts. Replace defective components immediately and/or keep the equipment out of use until repair. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
- ◆ Place the elliptical on a level surface, with at least 1.0 m of clearance on each side of elliptical. To protect the floor or carpet from damage, place a mat under the elliptical.
- ◆ Keep the elliptical indoors, away from moisture and dust. Maintain the using place ventilation. DO NOT use it in the airless place.
- ◆ Don't put any sharp things around the elliptical.
- ◆ Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
- ◆ Do not put your hands on the moving parts to prevent injuries.
- ◆ Keep your pedaling speed in a controlled way. Elliptical trainer is speed independent training equipment, it can also be adjusted by other means than speed. And the movement of each foot pedal linked directly
- ◆ If you find your elliptical works abnormal, do not use it immediately.
- ◆ No more than one person should operate the elliptical at one time.
- ◆ **WARNING!** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel pain or faint while exercising, stop exercising immediately and ask for a doctor.

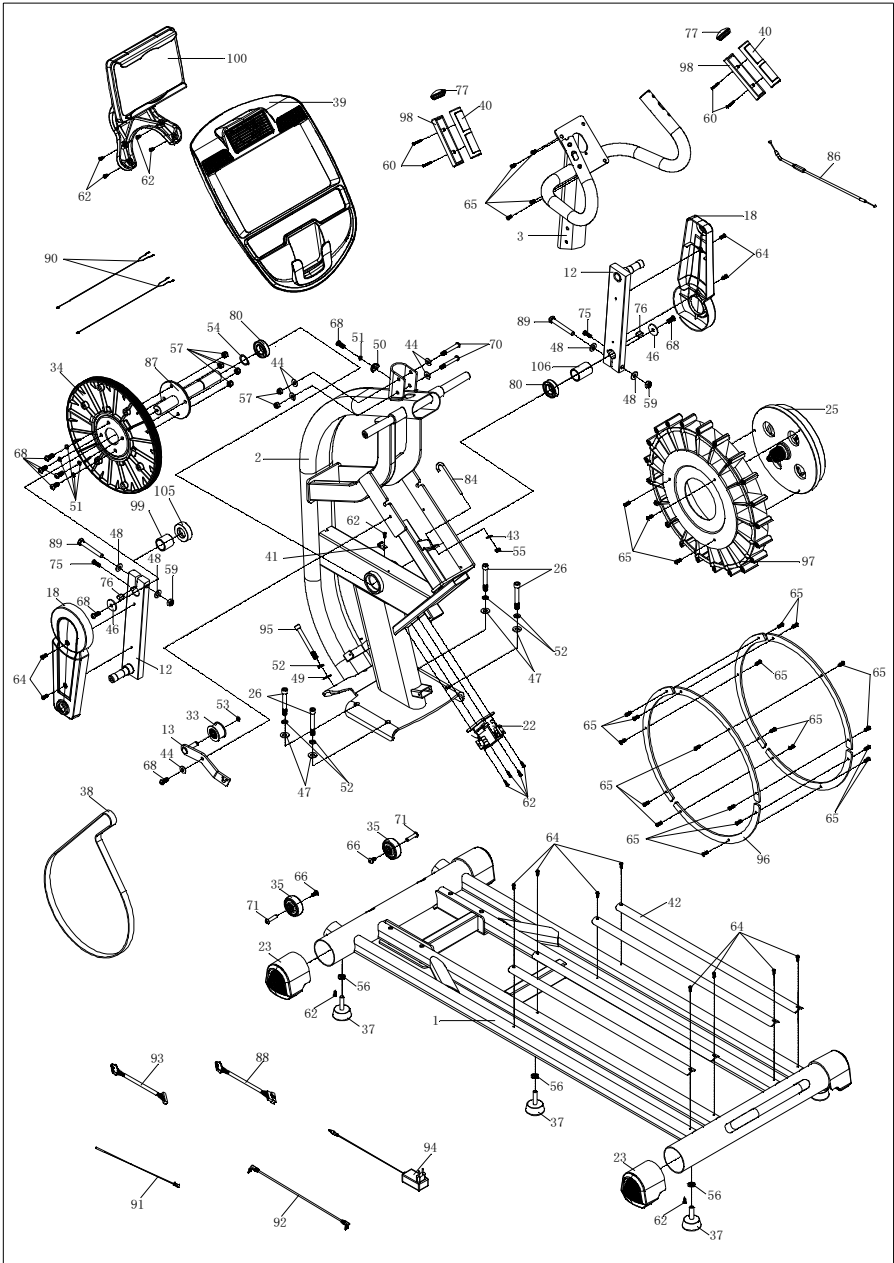
Warning!

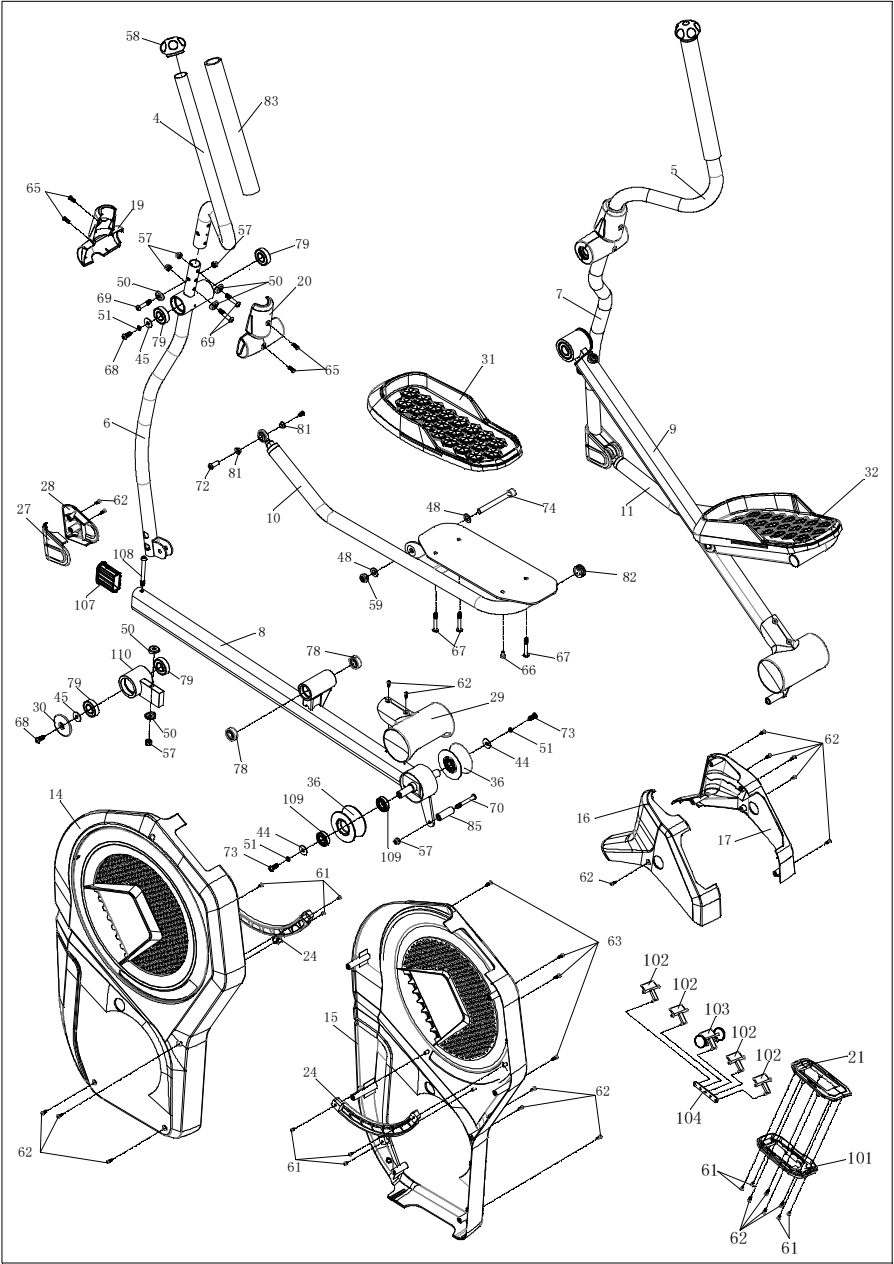
When you are remedial or have below symptoms, before use this elliptical, please discuss with your doctor first.

1. Waist pain now or leg, waist, neck hurt before, legs, waist, neck and hand numbly please do not use.
 2. Have anamorphic arthritis, rheumatic and gout.
 3. Have osteoporosis and other abnormality.
 4. Have perfunctory system obstacle (heart disease, blood obstacle, hypertension).
 5. Have breath obstacle.
 6. Using the manpower pulse adjust machine or insert into the body machine.
 7. Have sarcomata.
 8. Have thrombus or other symptoms.
 9. Have diabetes or be caused by diabetes feeling obstacle.
 10. Have skin trauma.
 11. Hyperpyrexia caused by sick(38 °C or over 38 °C).
 12. Abnormal back bone or back bone bending.
 13. Pregnant or catamenia.
 14. Feel physical abnormality, need convalesce.
 15. Body condition is not very well.
 16. The aim is to healing.
 17. Except the upper symptoms, feel other physical abnormality.
- Maybe cause the accident or the poor body condition.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35, pregnant woman or persons with pre-existing health problems. To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before use it.

EXPLODED VIEW DRAWING:



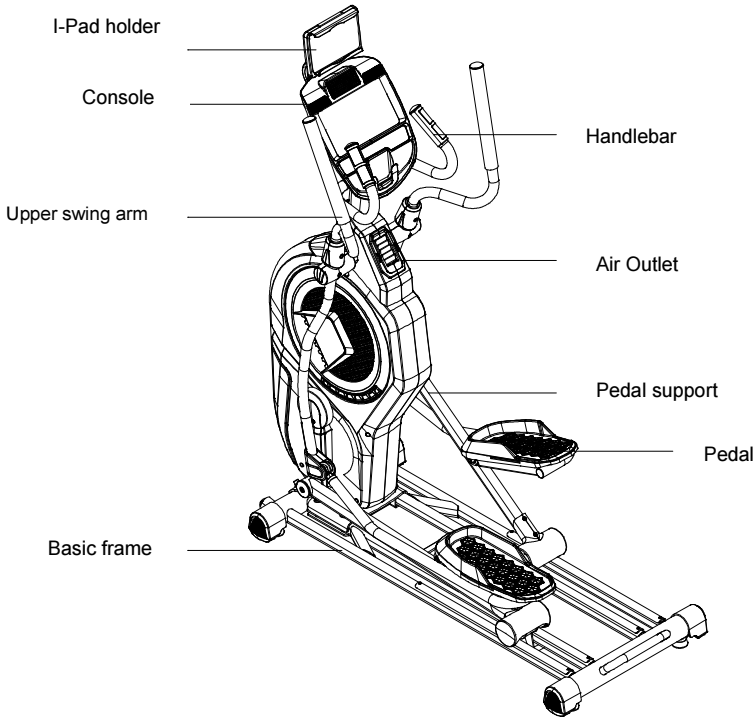


EXPLODED PART LIST:

No.	Description	Specification	Qty	No.	Description	Specification	Qty
1	Basic frame		1	34	Belt pulley		1
2	Main frame		1	35	Wheel		2
3	Console fix frame		1	36	Pulley		4
4	Upper swing arm-left		1	37	Feet pad		5
5	Upper swing arm-right		1	38	Motor belt		1
6	Bottom swing arm-left		1	39	Console		1
7	Bottom swing arm-right		1	40	Hand pulse top cover		2
8	Pedal group-left		1	41	Magnet sensor fixer		1
9	Pedal group-right		1	42	Sliding rail aluminum sheet	670×29.5×11.2	4
10	Pedal connection leg-left		1	43	Flat washer	Φ6×Φ20×t2.0	1
11	Pedal connection leg-right		1	44	Flat washer	Φ8.5×Φ20×t1.5	11
12	Crank		2	45	Flat washer	Φ8.2×Φ25×t2.0	4
13	Tensioning wheel fixer		1	46	Flat washer	Φ32×Φ8.5×t2.0	2
14	Out cover-left		1	47	Flat washer	Φ10×Φ22×2.0	8
15	Out cover-right		1	48	Flat washer	Φ12.5×Φ22×t2.0	4
16	Top cover-left		1	49	Curved washer	Φ10.5×R100×t2.0	2
17	Top cover-right		1	50	Curved washer	Φ8.5×R25×t2.0	7
18	Crank cover		2	51	Spring washer	Φ8	11
19	Handlebar cover 1		2	52	Spring washer	Φ10	6
20	Handlebar cover 2		2	53	Spring washer	Φ10	1
21	Air outlet cover		1	54	Spring washer	Φ25	1
22	Magnet control motor		1	55	Allen nut	M6	1
23	Tube cover		4	56	Allen nut	M10	5
24	Out cover decoration strip		2	57	Hex self-locking nut	M8	16
25	Inside magnet flywheel		1	58	Pipe plug	Φ32×t2.0	2
26	Allen cylinder head half thread bolt	M10×70×20	4	59	Hex self-locking nut	M12	4
27	Bottom wing arm cover-left		2	60	Philips C.K.S. self-tapping screw	ST3×30	4
28	Bottom wing arm cover-right		2	61	Philips C.K.S. self-tapping screw	ST4×10	10
29	Wheel cover		2	62	Philips C.K.S. self-tapping screw	ST4×16	35
30	Crank axle screw cover		2	63	Philips C.K.S. self-tapping screw	ST4×20	4
31	Pedal-left		1	64	Philips C.K.S. full thread bolt	M5×10	8
32	Pedal-right		1	65	Philips C.K.S. full thread bolt	M5×15	33
33	Tensioning wheel		1	66	Allen pan head full thread bolt	M6×12	4

No.	Description	Specification	Qty	No.	Description	Specification	Qty
67	Allen Pan head full thread bolt	M6×50×20	6	90	Hand pulse communication line	L-650mm	2
68	Allen Pan head full thread bolt	M8×20	12	91	Magnet sensor	2P female connector/L-300mm	1
69	Allen Pan head full thread bolt	M8×40×20	6	92	MP3 communication line	L-400mm	1
70	Allen Pan head full thread bolt	M8×60×20	4	93	Power communication line	L-400mm	1
71	Allen C.K.S. hollow bolt	Φ8×33×M6×15	2	94	Power adapter		1
72	Allen C.K.S. hollow screw	Φ9.4×23.5-M6/M6×12	2	95	Allen cylinder head half thread bolt	M10×90×20	2
73	Allen cylinder head full thread bolt	M8×15	4	96	Fly wheel weight stack		6
74	Pedal axis	Φ17×105×M12×15	2	97	Fly wheel	Φ450×62	1
75	Allen full thread bolt	M6×20	2	98	Hand pulse bottom cover		2
76	Flat key	8×10×18	2	99	Crank sleeve	Φ30.5×29.1	1
77	Tube cap	BLF82/Φ39×Φ30×27.5	4	100	I-pad holder		1
78	Deep groove ball bearing	6201-ZZ	4	101	Air outlet bottom cover		1
79	Deep groove ball bearing	6004-ZZ	8	102	Hinge		4
80	Deep groove ball bearing	6005-ZZ	2	103	Sliding wheel hinge		1
81	bushing	E12 /Φ16×Φ12×6.3	4	104	Hinge fix plate		1
82	Tube cap	Φ32×t1.5	2	105	Crank cover 3	Φ45×14.3	1
83	Foam	Φ30×t3.0×350	2	106	Crank cover 2	Φ30.5×43.5	1
84	Hook	103×Φ26×M6×50	1	107	Foot bar cover		2
85	Roll wheel position stopper	Φ17×Φ8.5×47	2	108	Allen C.K.S. screw	M8×75	2
86	Brake line	L-450×Φ5×Φ1.2×M5	1	109	Deep groove ball bearing	R10-ZZ	8
87	Crank axle group	Φ25×220	1	110	Foot bar cover set		2
88	Communication line	L-1300mm	1				
89	Allen half thread bolt	M12×75×20	2				

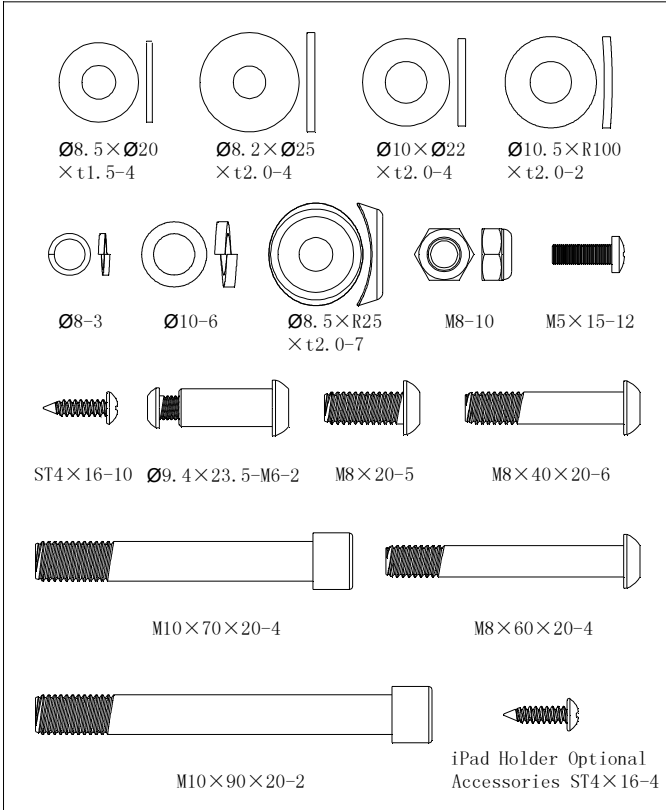
Production Instruction



Technical Specification:

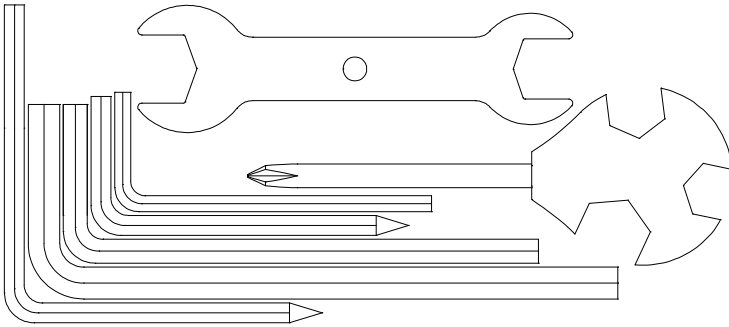
Dimension:	Unfold: 1620×650×1850mm (63.78*25.59*72.83 inch)
Speed Ratio:	11
Flywheel:	Inside magnet, two-way, Φ450/8kg (Φ17.72*17.64lbs)
Resistance Level:	1-24
Stride length:	520×240 (20.47* 9.45 inch)

WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.



No.	Description	Specification	Qty	No.	Description	Specification	Qty
26	Allen cylinder head half thread bolt	M10 \times 70 \times 20	4	62	Philips C.K.S. self-tapping screw	ST4 \times 16	10
44	Flat washer	$\varnothing 8.5 \times \varnothing 20 \times 1.5$	4	65	Philips C.K.S. full thread bolt	M5 \times 15	12
45	Flat washer	$\varnothing 8.2 \times \varnothing 25 \times 2.0$	4	68	Allen Pan head full thread bolt	M8 \times 20	5
47	Flat washer	$\varnothing 10 \times \varnothing 22 \times 2.0$	4	69	Allen Pan head half thread bolt	M8 \times 40 \times 20	6
49	Curved washer	$\varnothing 10.5 \times R100 \times 2.0$	2	70	Allen Pan head half thread bolt	M8 \times 60 \times 20	4
50	Flat washer	$\varnothing 8.5 \times R25 \times 2.0$	7	72	Allen C.K.S. hollow screw	$\varnothing 9.4 \times 23.5-M6/M6 \times 12$	2
51	Spring washer	$\varnothing 8$	3	95	Allen cylinder head half thread bolt	M10 \times 90 \times 20	2
52	Spring washer	$\varnothing 10$	6	62	Philips C.K.S. self-tapping screw	ST4 \times 16(optional)	4
57	Hex self-locking nut	M8	10				

HARDWARE PACK LIST:



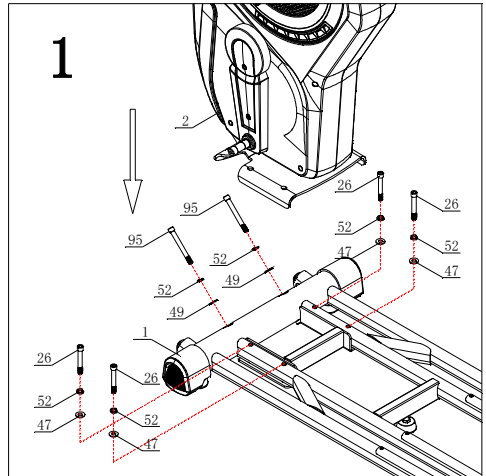
Tooling list:

Description	Specification	Qty
L Wrench	4×30×80	1
L Wrench	5×80×80S	1
L Wrench	5×35×85S	1
L Wrench	6×40×120	1
L Wrench	8×45×145	1
Phillips Wrench	14×17×75	1
Open end Wrench	15#&17#	1

Assembly instruction

Step 1:

1. Install the main frame frame (2) on the basic frame (1), lock it with 2 arc-shaped washers (49), 2 elastic washers (52), 2 hexagon socket pan head half-tooth bolts (95) and 4 flat washers (47), elastic washers (52) and hexagon socket pan head half-tooth bolts (26).

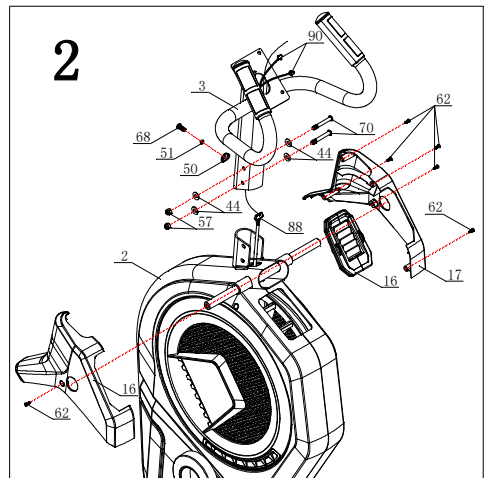


Step 2:

1. Pull out the communication line (88) from hole of console fix group(3).
2. Assemble console fix group (3) on the main frame (2), secure with 1pc curved washer (50), 1pc spring washer (51), 1pc allen pan head full thread bolt (68), and 4pcs flat washer (44), 2pcs hex self-locking nut (57), 2pcs allen pan head half thread bolt (70).
3. Attach left top cover (16), right top cover (17) and air outlet cover (21), secure with 6pcs philips C.K.S. self-tapping screw (62).

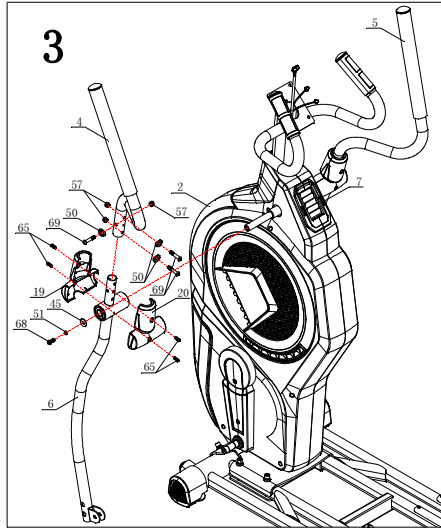
Attention: After connected the communication line, insert all lines into upright post, to avoiding clamp the lines.

Please put all the bolts and washers on the frame holes first, then secure them.



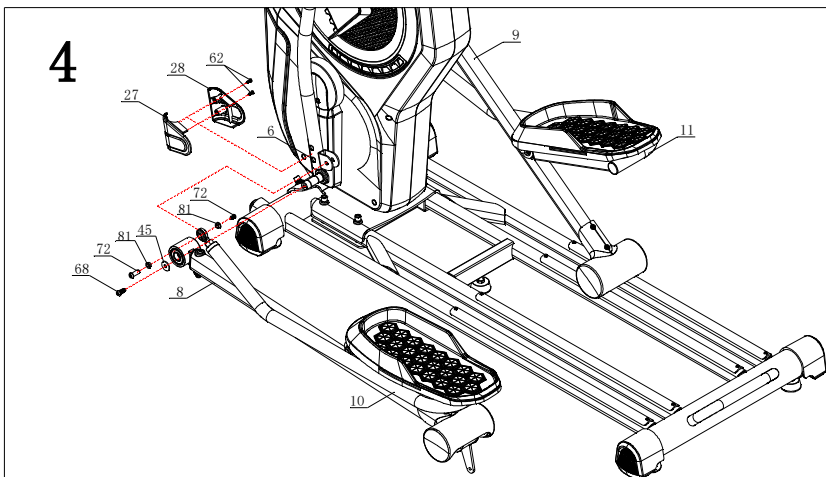
Step 3:

1. Apply some of the grease to the axle of the main frame. Assemble the bottom swing arm (6) on the main body, secure with 1pc allen pan head full thread bolt (68), 1 pc spring washer (51) and 1pc flat washer (45).
2. Assemble the top swing arm (4) on the bottom swing arm (6), secure with 3pcs allen pan head full thread bolt (69), 3pcs curved washer (50) and 3pcs hex self-locking nut (57).
3. Secure the handlebar cover 1 (19) and handlebar cover (20) at the top/bottom wing arm connection by 4pcs Philips C.K.S. full thread bolt (65)
4. Assemble the right side same as above steps.



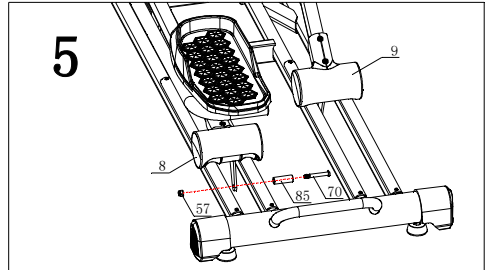
Step 4:

1. Apply some of the grease to the axle of the main frame. Place the pedal group left (8) on the track, secure the pedal group left (8) by 1pc flat washer (45), 1pc crank axle screw cover(30) and 1pc allen pan head full thread bolt (68) on the axle.
2. Put lubricating oil to the axle of the Allen C.K.S. hollow screw (72). Connect left pedal connection leg (10) with bottom wing arm (6), secure with 1pc allen C.K.S. hollow screw (72).
3. Attached left bottom swing arm cover(27) and right bottom swing arm cover(28) on the left swing arm (6), secure with 2pcs philips C.K.S. self-tapping screw (62).
4. Assemble the right side same as above steps.



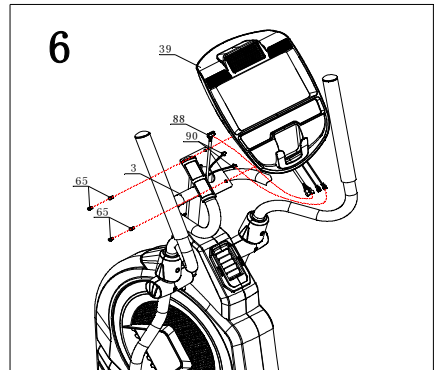
Step 5:

1. Install the Roll wheel position stopper(85) on Pedal group-left (8) with an Allen Pan head half thread bolt (70) and an Hex self-locking nut (57).
2. Assemble the right side same as above steps.
3. Grease the slide rails.



Step 6:

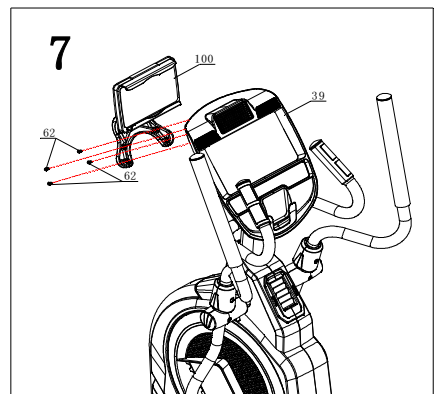
1. Connect the communication line(88), hand pulse communication line(90) with console communication line.
2. Assemble the console (39) on console fix frame (3), secure with 4pcs Philips C.K.S. full thread bolt(65).



Step 7:

1. Attach the I-pad holder (100) to the console(39) with 4pcs Philips C.K.S. self-tapping screw (62).

Attention: If you bought I-pad holder, the step is needed. Otherwise, you can skip this step.



Warm-up / stretching exercises

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

1. TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 10-15 seconds if possible.

2. EXERCISES FOR THE KNEES

Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain

3. EXERCISES FOR THE CALVES/ACHILLES TENDON

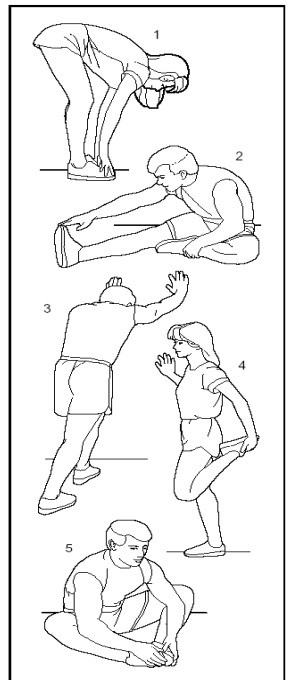
Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.

4. EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.

5. INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.



Console Operation Instruction

Schematic:



BUTTON FUNCTIONS

RECOVERY	-To test heart rate recovery status.
MODE	-In STOP mode, press this button to select function or confirm all setting values.
PROGRAM	-To select workout program.
BODY FAT	-To test the Body Fat% (5.0%~ 50%) and BMI (0~50).
+	-To make upward resistance level, select program or increase function value.
-	-To make downward resistance level, select program or decrease function value.
RESET	-In STOP mode or setting mode, press it to reverse to main menu. -Hold on pressing this key for 2 seconds, console will reboot and start from user profile setting mode.
START/STOP	-To start or stop training. When user stop training by pressing START/STOP key, the computer will remain all the setting values.
FAN (optional)	-When power-on or during workout, user can press FAN button to start fan function, press it again to close it.

DISPLAY FUNCTION

TIME	-Count up – no preset target, time will count up from 0:00. -Count down – with preset target, time will count down from preset to 0, then system STOP. And system alarm 8s with 4 sounds in every second. -Display range: 0:00~99:59; Setting range: 0:00~99:00
SPEED	-In START mode, with sensor input, screen display training speed in 3s; Without sensor input for 4.6s, the SPEED value is 0. -Display range: 0.0 ~ maximum 99.9 KM/H or 62.1ML/H. -SPEED & RPM value will display by turn in every 6s.
RPM	-In START mode, with sensor input, screen display training rotation per minute in 3s; Without sensor input for 4.6s, the RPM value is 0. -Display range: 0 ~ maximum 999. -SPEED & RPM value will display by turn in every 6s..
CALORIES	-Count up – no preset target, calories will count up from 0.0. -Count down – with preset target, calories will count down from preset to 0, then system STOP. And system alarm 8s with 4 sounds in every second. -Display range: 0~999CAL ; Setting range: 0~990CAL
DISTANCE	-Count up – no preset target, distance will count up from 0.0. -Count down – with preset target, distance will count down from preset to 0, then system STOP. And system alarm 8s with 4 sounds in every second. -Display range: 0.0~99.9km(62.1miles); Setting range: 0.0~99.0km (61.5miles)
PULSE	-With pulse signal input, it will display user heart rate in 7.5s; without pulse input, PULSE window display 0 in 6s. -Pulse exceed the preset Target value, console will remind with Bi-bi sound. -Display range: P-30~230; Setting range: 0-30~230
WATT	-Display power consumption during training. With sensor input, it will display WATT value in 3s; without any signal input, WATT window display 0 in 4.6s. -Display range: 0~999.
MANUAL	-Manually adjust workout load level.
PROGRAM	-Self-select load level to workout; 12 profiles preset to be selected (P1~P12).
USER	-User create his own resistance level profile to workout.
H.R.C.	-Target HR training mode. -Four modes for selection: 55%, 75%, 90%, TAG.
WATT CONSTANT	-WATT constant training mode.

OPERATION PROCEDURE:

1.Power on

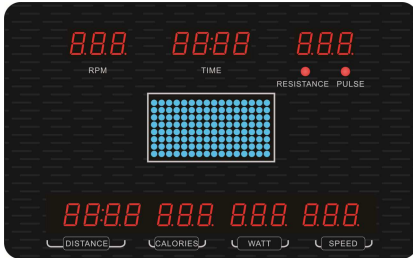
Connect power (press RESET key for 2s), buzzer sound for 1s and LED will full display 2s (**Drawing 1**), then display wheel diameter and KM (or ML)in middle window and “E” (or “A”) in CALORIE window (**Drawing 2**). Then go to user setting mode.

2.User profile setting

2-1 System default user group is U1(**Drawing 3**), press UP or DOWN to select U1~U4, press MODE button to confirm. Press “+” or “-” buttons to set SEX(**Drawing 4**), AGE(**Drawing 5**), HEIGHT(**Drawing 6**), WEIGHT(**Drawing 7**) and confirm by pressing MODE. When finish setting,

system enter into function selection page (**Drawing 8**).

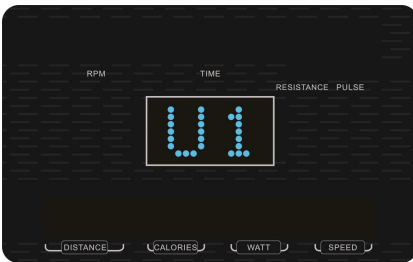
2-2 SEX- Female/Male; AGE- 1~99(default value is last input value); HEIGHT- 100~200CM or 39.37~78.74in (default value is last input value); WEIGHT- 20~150KG (44.1~330.7lbs)(default value is last input value).



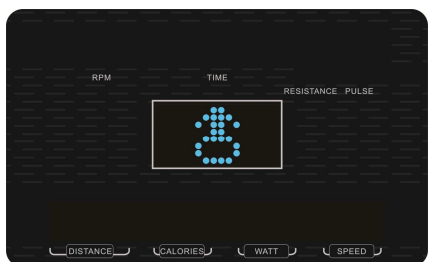
Drawing 1



Drawing 2



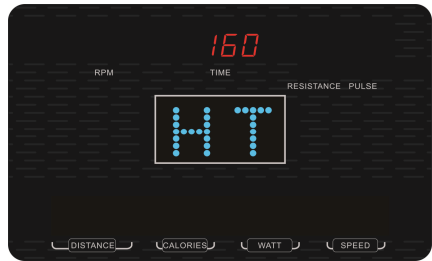
Drawing 3



Drawing 4



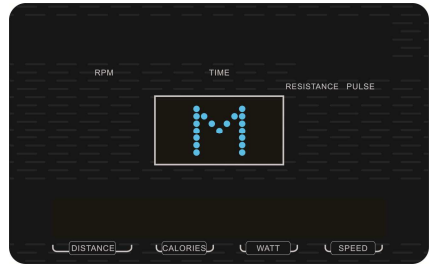
Drawing 5



Drawing 6



Drawing 7



Drawing 8

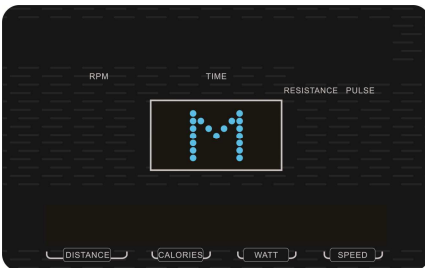
3. Power off

When there is no RPM signal input for 4 minutes, LED and console go to SLEEPING mode. Without stop power supply, user can press any key or start pedaling to wake up it.

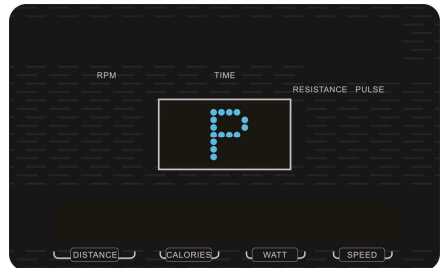
4. Training mode selection

After USER DATA setting, then come to main menu, user can press "P"(PROGRAM) or "+/-" to select: MANUAL -> PROGRAM ->USER -> H.R.C. ->WATT (Drawing 9-13), LED is lighting in centre window, press MODE to confirm.

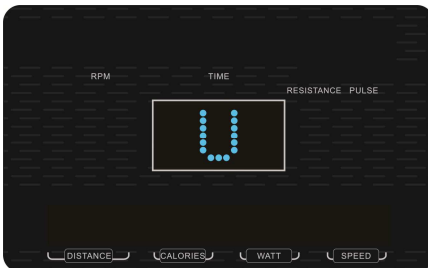
In main menu, user can also press START/STOP to entering Manual workout mode directly.



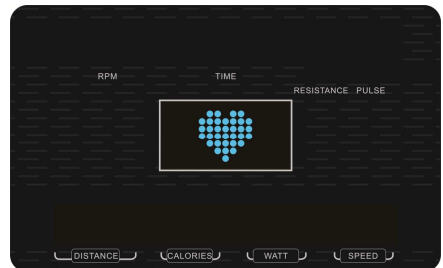
Drawing 9



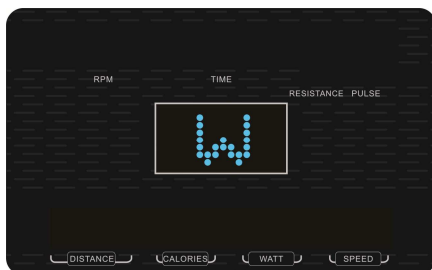
Drawing 10



Drawing 11



Drawing 12



Drawing 13

4-1 Manual mode

In main menu, press “P”(PROGRAM) key or press “+”/“-” to select MANUAL, press MODE to enter MANUAL mode.

Before exercising, user need to adjust following value:

TIME : is blinking (**Drawing 14**). User may press “+” or “-” button to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE: is blinking (**Drawing 15**). User may press “+” or “-” button to set up target distance from 0.0~99.0. (0.0~61.5miles). Press MODE to confirm setting.

CALORIES : is blinking (**Drawing 16**). User may press “+” or “-” button to set up target calories from 0~990,the increment/decrement is 10. Press MODE to confirm setting.

PULSE : is blinking (**Drawing 17**). User may press “+” or “-” button to set up target pulse from 0-30~230. Press MODE to confirm setting. The console will detect user’s heart Rate, please hold on hand grip sensor or wearing chest belt correctly when start exercise.

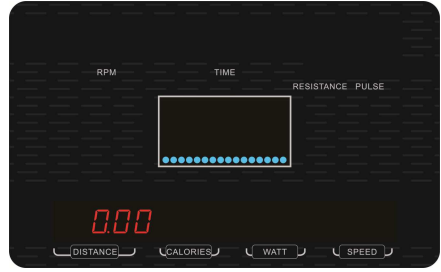
During setting, TIME/ DISTANCE/ CALORIES light will light up and the value is flashing in 1Hz to be adjusted. Pressing “+” or “-” to adjust value. Keep pressing on “+” or “-” button, the value will continue to increase/decrease. When exercise start, PULSE LED will light up and display pulse value; While if no pulse signal, PULSE window display “P”.

Press START/STOP button to start training.

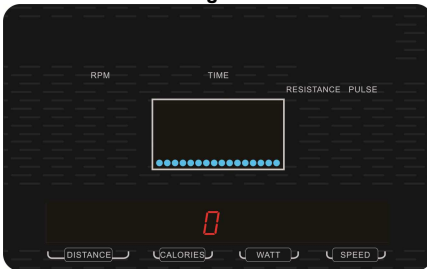
During training, user can adjust resistance level by pressing “+” or “-” button. When adjusting resistance level, RESISTANCE window will show LEVEL value for 2s then display PULSE value. The blue column starts blinking one by one and switch to the next one per preset time divided into 16. Once the preset target data counting down to 0, the monitor will stop automatically. User may also press START/STOP button to stop training. Press RESET reverse to main menu.



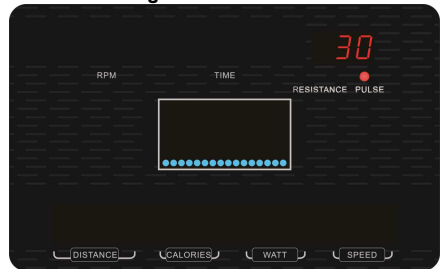
Drawing 14



Drawing 15



Drawing 16



Drawing 17

4-2 Program mode

Press RESET key to go to main menu. Press “+” or “-” key and press MODE to enter PROGRAM mode. Entering Program mode, there are total 12 program profiles (P1~P12) (**Drawing 18~29**) for selection. Press “+” or “-” key button to select one profile you prefer and press MODE to confirm. Before exercising, user need to adjust following value:

TIME : is blinking (**Drawing 30**). User may press “+” or “-” key to set up target training time from 00:00 to 99:00 (**Drawing 31**).

DISTANCE: is blinking. User may press “+” or “-” button to set up target distance from 0.0~99.0. or 0.0~61.5miles. Press MODE to confirm setting.

CALORIES : is blinking . User may press “+” or “-” button to set up target calories from 0~990, the increment/decrement is 10. Press MODE to confirm setting.

PULSE : is blinking. User may press “+” or “-” button to set up target pulse from 0-30~230. Press MODE to confirm setting. Press START/STOP button to start training.

During training mode, user can also adjust resistance level by pressing “+” or “-” button. When adjusting resistance level, LED big window will show LEVEL value for 2s then display PULSE value.

Once the preset target data counting down to 0, the monitor will stop automatically.

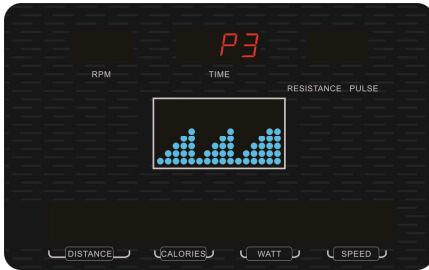
User may also press START/STOP button to stop training. Press RESET reverse to main menu.



Drawing 18



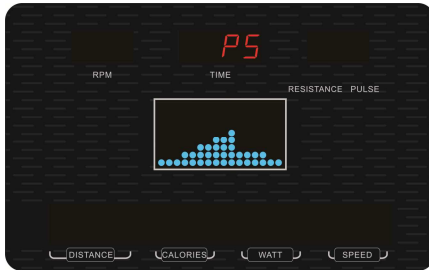
Drawing 19



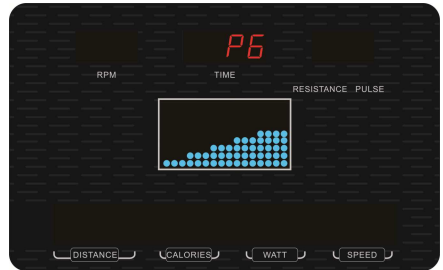
Drawing 20



Drawing 21



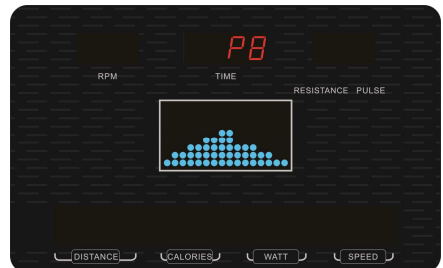
Drawing 22



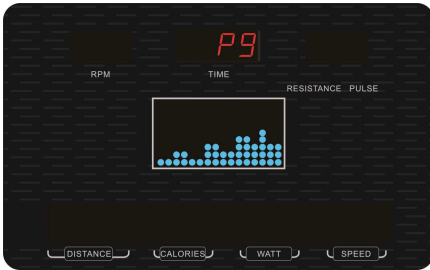
Drawing 23



Drawing 24



Drawing 25



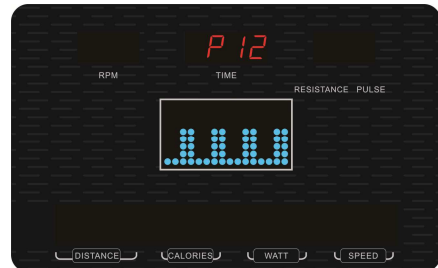
Drawing 26



Drawing 27



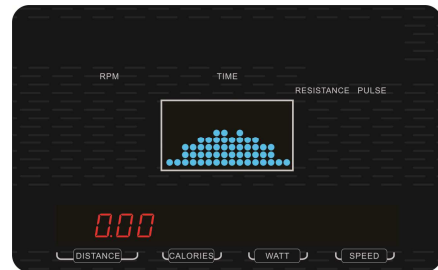
Drawing 28



Drawing 29



Drawing 30



Drawing 31

4-3 User (program) mode

Press RESET key to go to main menu. Press “+” or “-” key and press MODE to enter USER program. User may create their own profile in this mode. The first blue dot of the profile will start blinking, then press “+” or “-” button to adjust resistance level of each column dot (**Drawing 32**), press MODE to confirm. A complete program profile will have 16 columns to be set. (Default value = 1). To finishing or quit out setting, hold on MODE button for 2s.

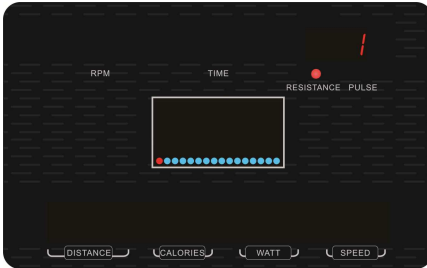
Then adjust following value:

TIME : is blinking (**Drawing 33**). You may press UP or DOWN button to set up target training time from 00:00 to 99:00.

Press START/STOP button to start training.

During training mode, user can also adjust resistance level by pressing “+” or “-” button.

Once the preset target data counting down to 0, the monitor will stop automatically. You may press START/STOP button to start training again. Other preset data will keep counting down from previous data. During STOP mode, user can press RESET button to reverse to main menu.



Drawing 32



Drawing 33

4-4 H.R.C. mode

Press RESET key to go to main menu. Press “+” or “-” button and press MODE to enter H.R.C. mode. In H.R.C. Mode, press “+” or “-” button to choose: 55%, 75%, 90% or TAG. The LED will be Blinking. User may choose different target heart, the preset value system self-calculated based on user input AGE will display in PULSE window (**Drawing 34~37**). Press MODE to confirm. If user select H.R.C TAG, screen will display the preset value 100, press “+” or “-” to adjust target pulse from 30~230. Press MODE button to enter.

Then adjust following value:

TIME : is blinking. You may press “+” or “-” button to set up target training time from 00:00 to 99:00. (**Drawing 38**).

Press START/STOP button to start training.

During training, the resistance level will adjust automatically according your current heart rate.

If **no pulse signal** detected, central LED will reminder by showing as **Drawing 39**.

Press STOP to pause workout, press RESET button to reverse to main menu.

※H.R.C 55% - Diet program; H.R.C 75% - Health program; H.R.C 90% - Sports program



Drawing 34



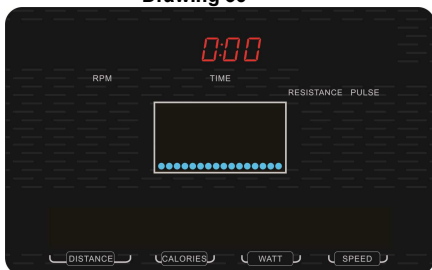
Drawing 35



Drawing 36



Drawing 37



Drawing 38



Drawing 39

4-5 WATT control mode

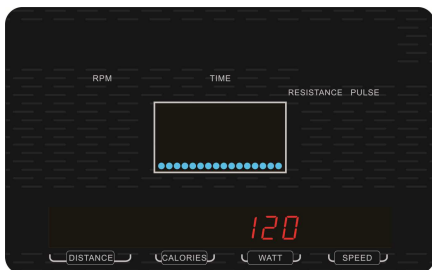
When user in any mode, press START/STOP button then press RESET to go to main menu.

Press “+” or “-” button and press MODE to enter WATT constant training mode. Entering WATT mode, the preset value 120 is blinking (**Drawing 40**). User may adjust WATT value by pressing “+” or “-” button from 10~350 with 5W increment and press MODE to confirm. Then adjust following value:

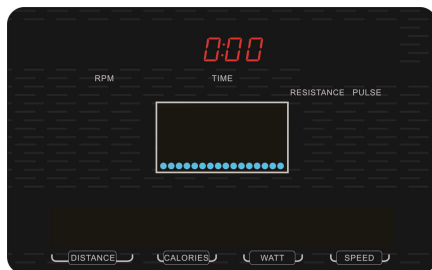
TIME : is blinking. You may press “+” or “-” button to set up target training time from 00:00 to 99:00.

(**Drawing 41**) Press START/STOP button to start training.

System will adjust WATT level automatically according to the preset target watt data, current RPM and training speed. If the training speed is quick, resistance level will decreased. Otherwise, it will increase. When stop training, user can press RESET button to reverse to main menu.



Drawing 40



Drawing 41

5. RECOVERY mode

If there is no pulse signal input to console, it is invalid to press RECOVERY button.

When pulse value appears on screen, press RECOVERY button to start test. Keep both hands hold on hand grips (or wear chest belt). All function display will stop except "TIME" starts counting down from 00:60 by second (**Drawing 42**) and PULSE light is ON.

System resistance will reduce to level 1.

While TIME counts down to 00:00, screen will display heart rate recovery status with "FX" (X=1,...6) (**Drawing 43**). F1 is the best, F6 is the worst.

Press RECOVERY button again to go to previous workout status.

If user press RECOVERY prior to TIME counting down to 00:00, RECOVERY mode will be disable and console go to main menu.



Drawing 42



Drawing 43

6. BODY FAT mode

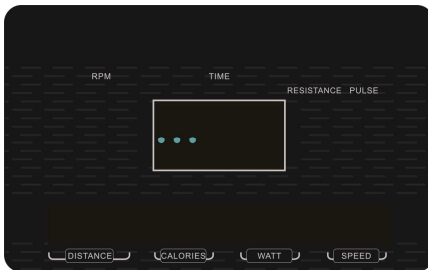
In STOP mode, press the BODY FAT button to start body fat measurement. System will start measuring. During measuring, user have to hold both hands on the hand grip. And the screen will display as **Drawing 44~46** until console finish measuring. After measuring, screen will display BODY FAT percentage and BMI (Body Mass Index) and FAT advice (**Drawing 47~48**).

Press BODY FAT button again to go back to previous workout status.

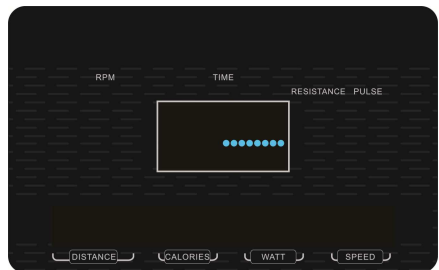
※Error code display during measurement:

E-1--- user not hold hand grips correctly (**Drawing 49**)

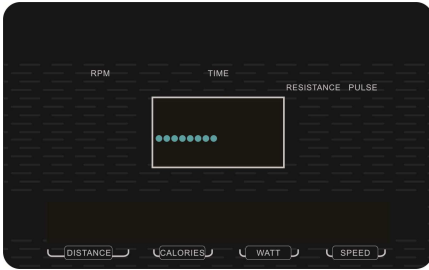
E-4--- Body Fat% exceed setting range (5.0%~ 50%).(**Drawing 50**)



Drawing 44



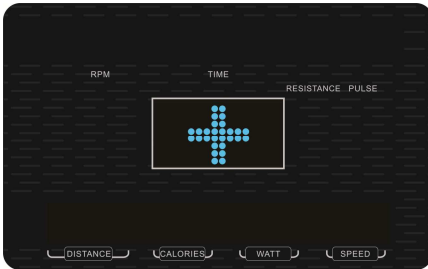
Drawing 45



Drawing 46



Drawing 47



Drawing 48



Drawing 49



Drawing 50

NOTE:

1. When user press RESET button for 2 seconds for TOTAL RESET, console enter to START mode, buzzer alarm 1s, all LED display for 2s then go to setting mode. Load level is 1.
2. This system is built with ALARM reminder:
 - 1 short beep - valid button
 - 2 short beeps - invalid button or pulse exceed Target value
 - 3 short beeps per second - WATT is over Spec
 - 4 short beeps- function value counts down to 0
 - 6 short beeps- H.R.C. & WATT control force system to stop

Other function (optional):

1. USB charger- The console can provide USB port for mobile or tablet charging.
2. MP3 player- The console is built with speaker, user can connect it to mobile device for MP3 function.
3. Fan - The console is provided with fan, user can open or close the Fan.