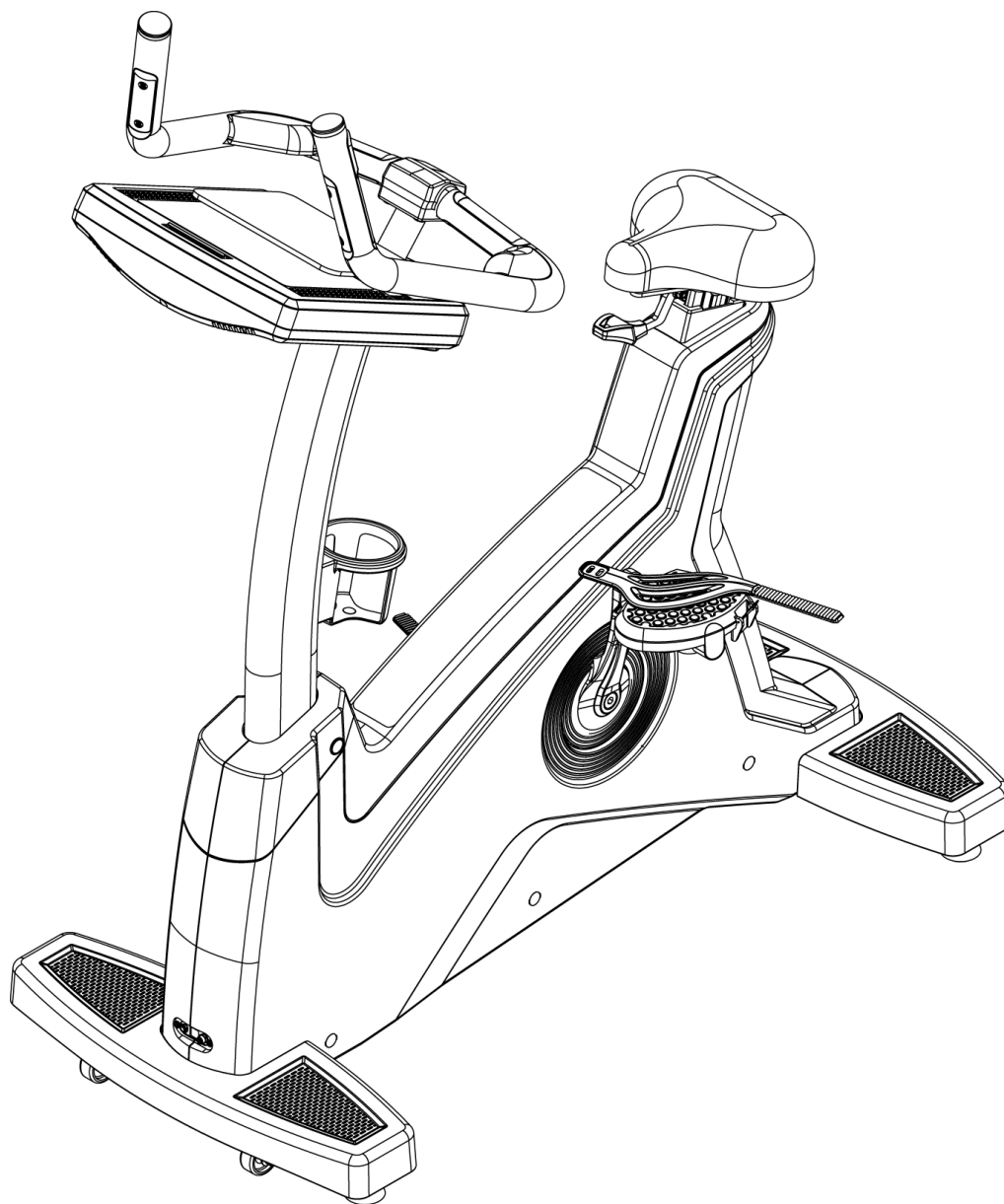


# B22.3 BIKE ASSEMBLE INSTRUCTION

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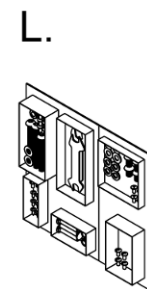
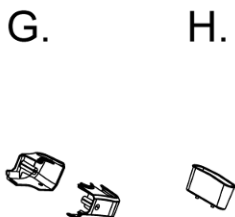
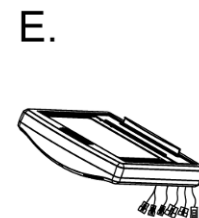
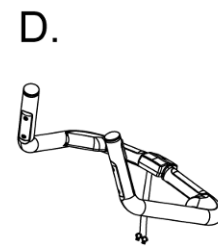
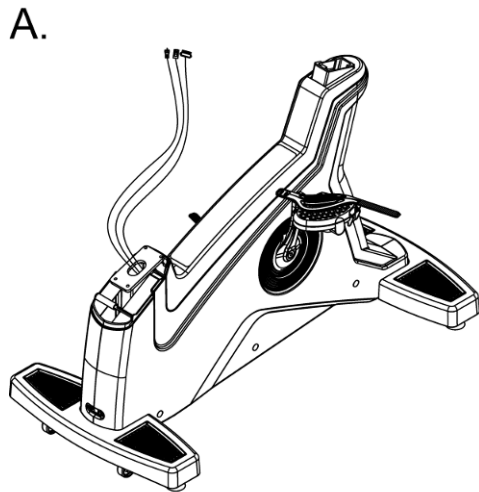
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# 1. PART LIST

ITME	Description	Qty	ITEM	Description	Qty
A	frame	1	H	Stuff holder	1
B	seat	1	I	Lower computer decorative cover	1
C	Control tube	1	J	Flask holder	1
D	Handle bar tube	1	K	Screw head cover	3
E	computer	1	L	Screw bag	1
F	Control tube decorative cover	1	M	Power wire	1
G	Computer decorative cover front	1			



## 2. SCREW BAG

ITME	Description	Qty	ITEM	Description	Qty
K01	Cks hex screw M8xP1.25x25	4	K08	Truss cross self-tapping screw $\Phi$ 4x10	2
K02	Spring washer M8	4	K09	Truss cross self-tapping screw $\Phi$ 4x12	1
K03	Flat washer $\Phi$ 8x $\Phi$ 12x1.0t	4	K10	Truss cross screw M4xP0.7x12	2
K04	Cks hex screwM8XP1.25X20	4	K11	Truss cross self-tapping screw $\Phi$ 4x15	3
K05	Spring washer M8	4	K12	CABLE transferring head	1
K06	Truss cross screw M5xP0.8x10	4	K13	L shaped hex wrench+cross screwdriver 6x40x120mm	1
K07	Truss cross screw M5xP0.8x12	4			

K01.



K02.



K03.



K04.



K05.



K06.



K07.



K08.



K09.



K10.



K11.



K12.



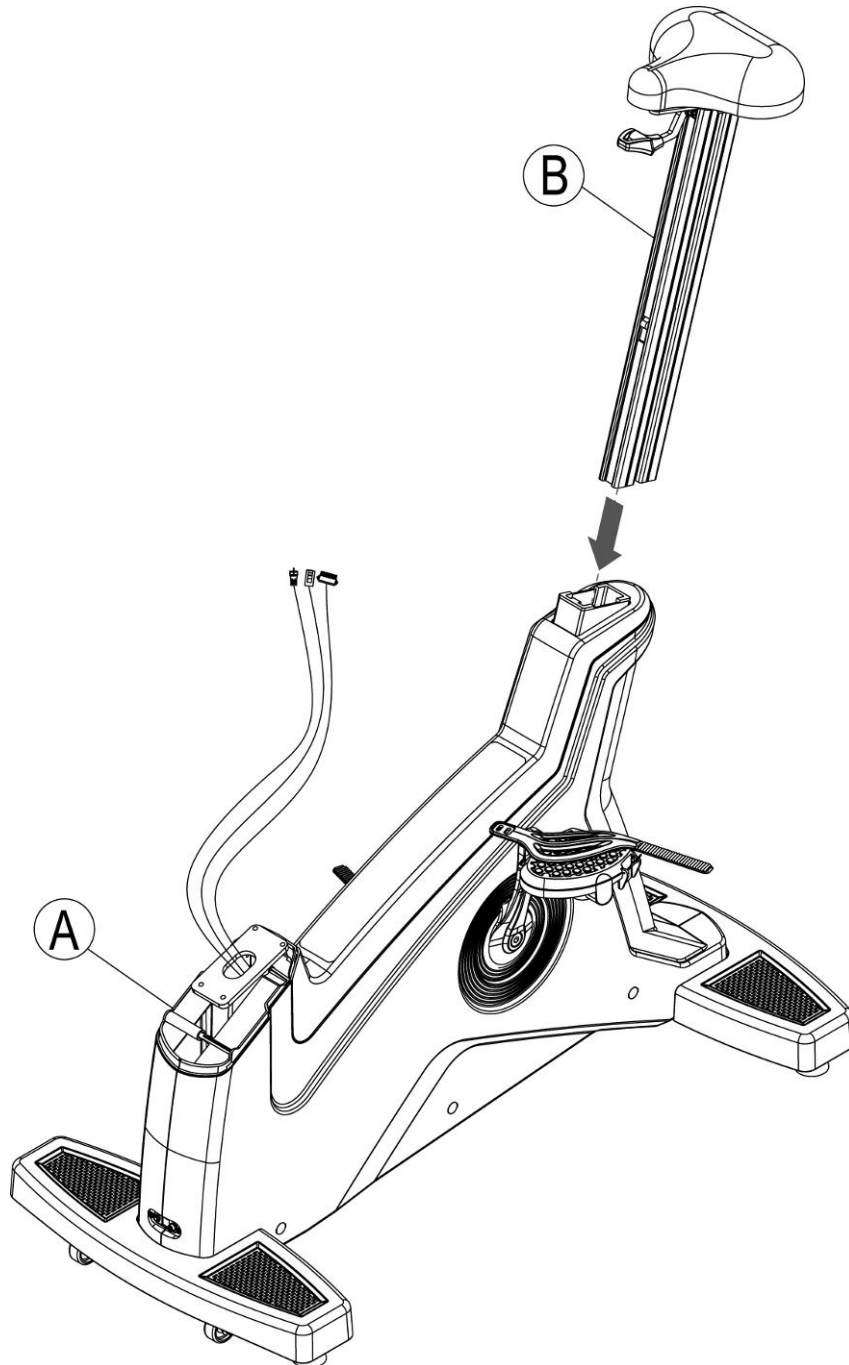
K13.



### 3. ASSEMBLE STEPS

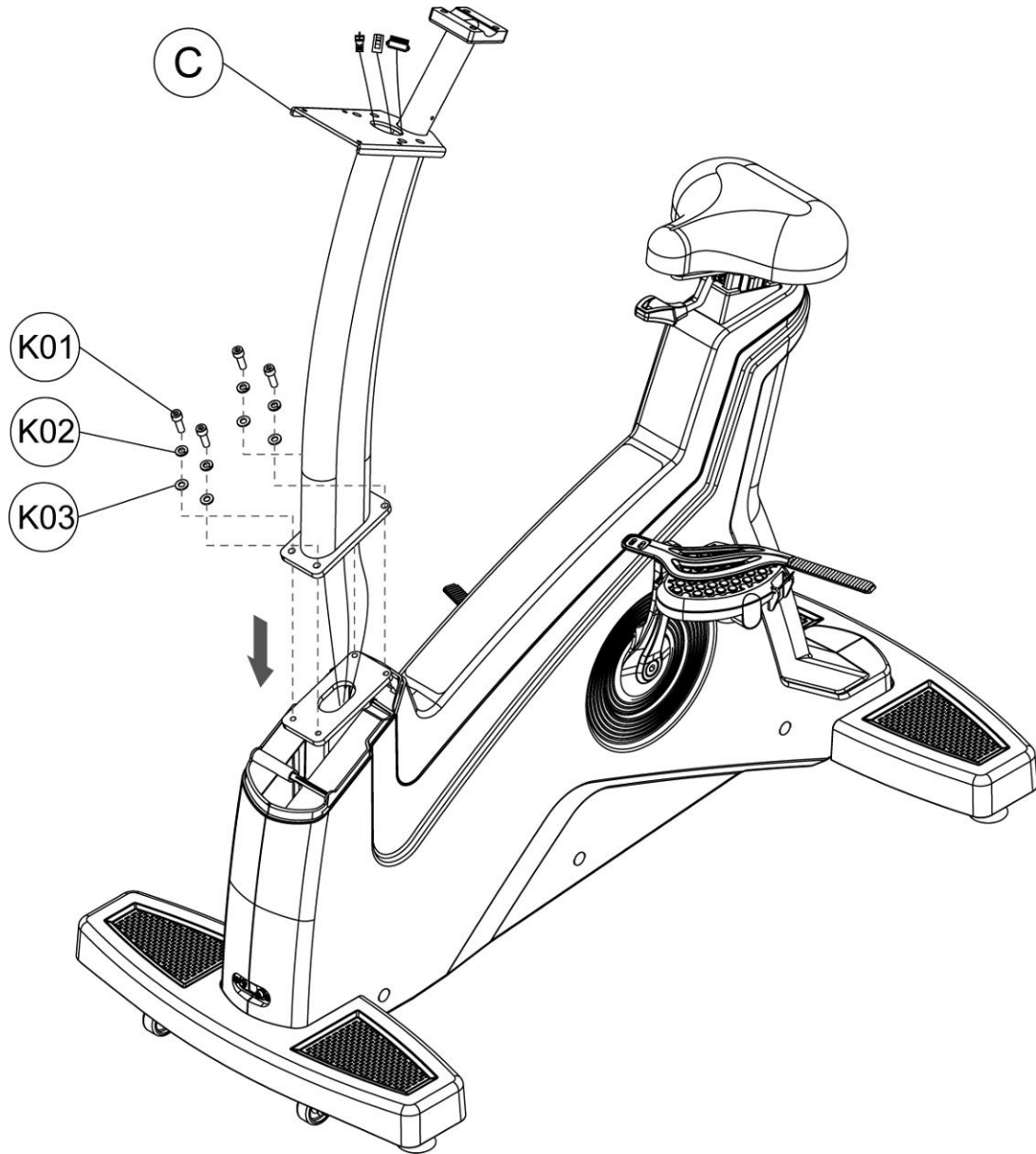
#### ■ STEP 1 ASSEMBLE FRAME AND SEAT

Insert seat(B) into frame(A) as the arrow showing and fix them.



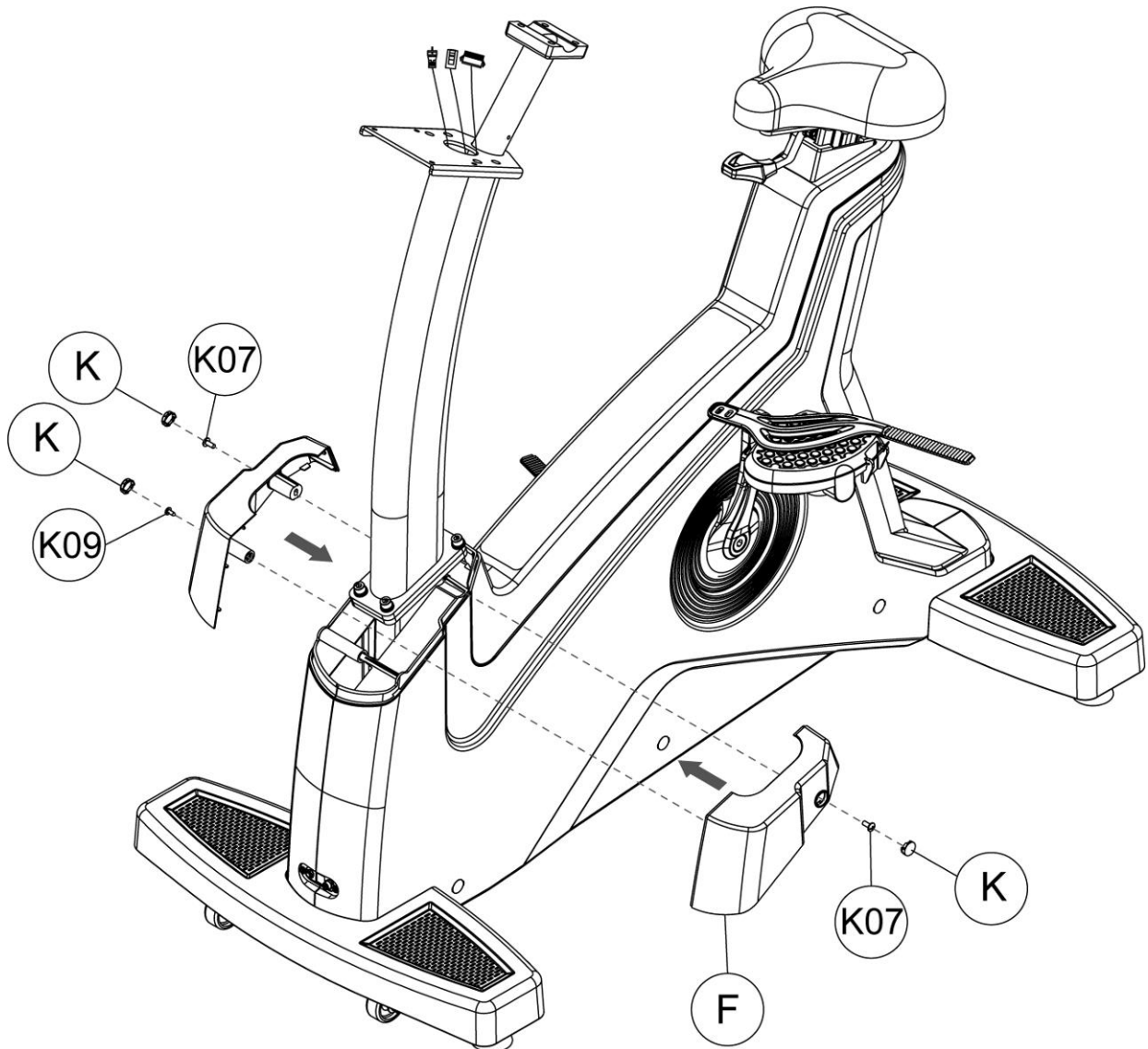
## ■ STEP 2 ASSEMBLE FRAME AND CONTROL TUBE

Make the control wire of frame through control tube, then tighten control tube(C) on frame(A) with hex screw(K01), spring washer(K02) and flat washer(K02) as the figure showing.



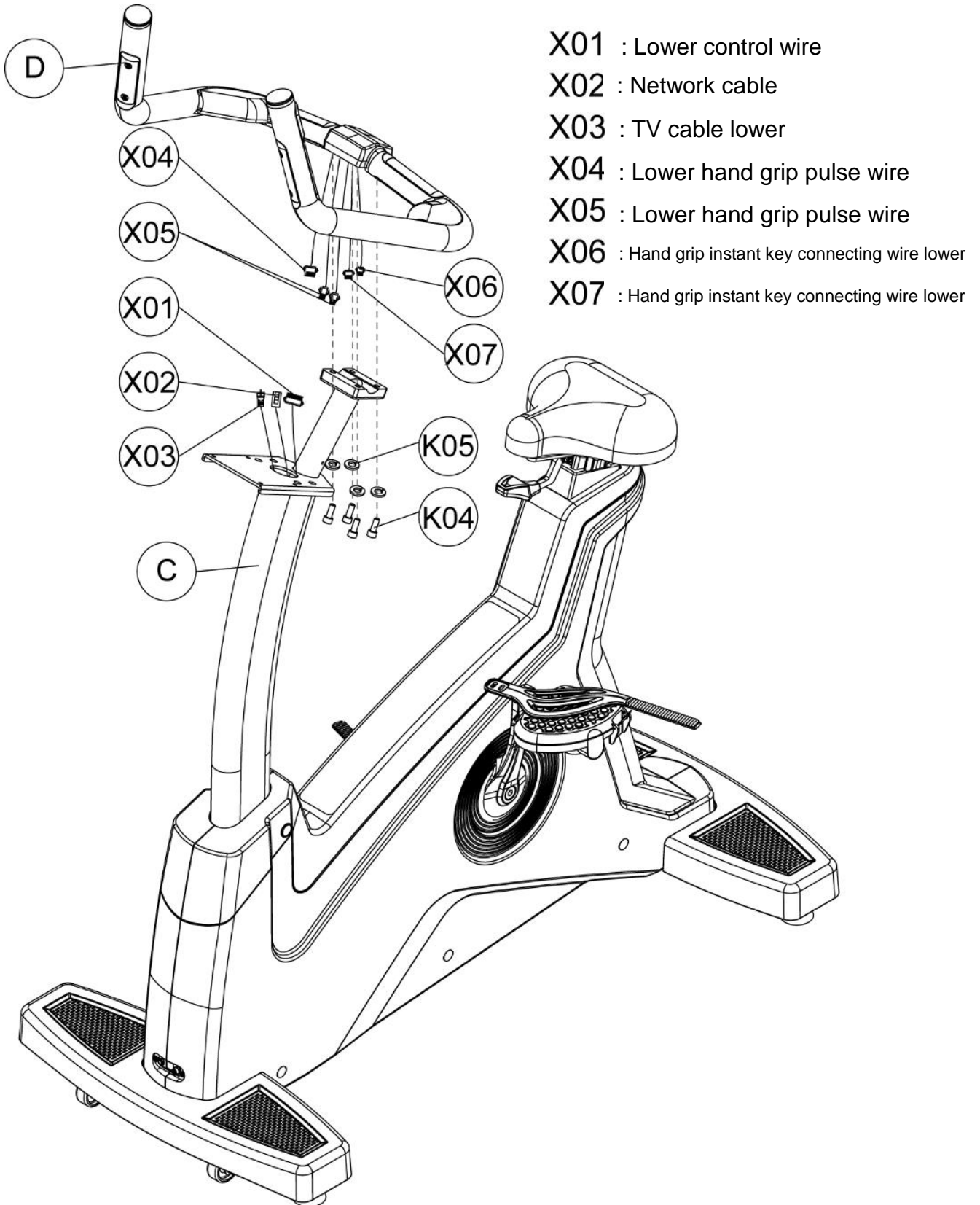
### ■ STEP 3 ASSEMBLE CONTROL TUBE AND CONTROL TUBE DECORATIVE COVER

Tighten control tube decorative cover(F) with truss cross screw(K07) & truss cross self-tapping screw(K09) as figure showing, then cover the screw head cover(K).



## ■ STEP 4 ASSEMBLE CONTROL TUBE AND HANDLE BAR TUBE

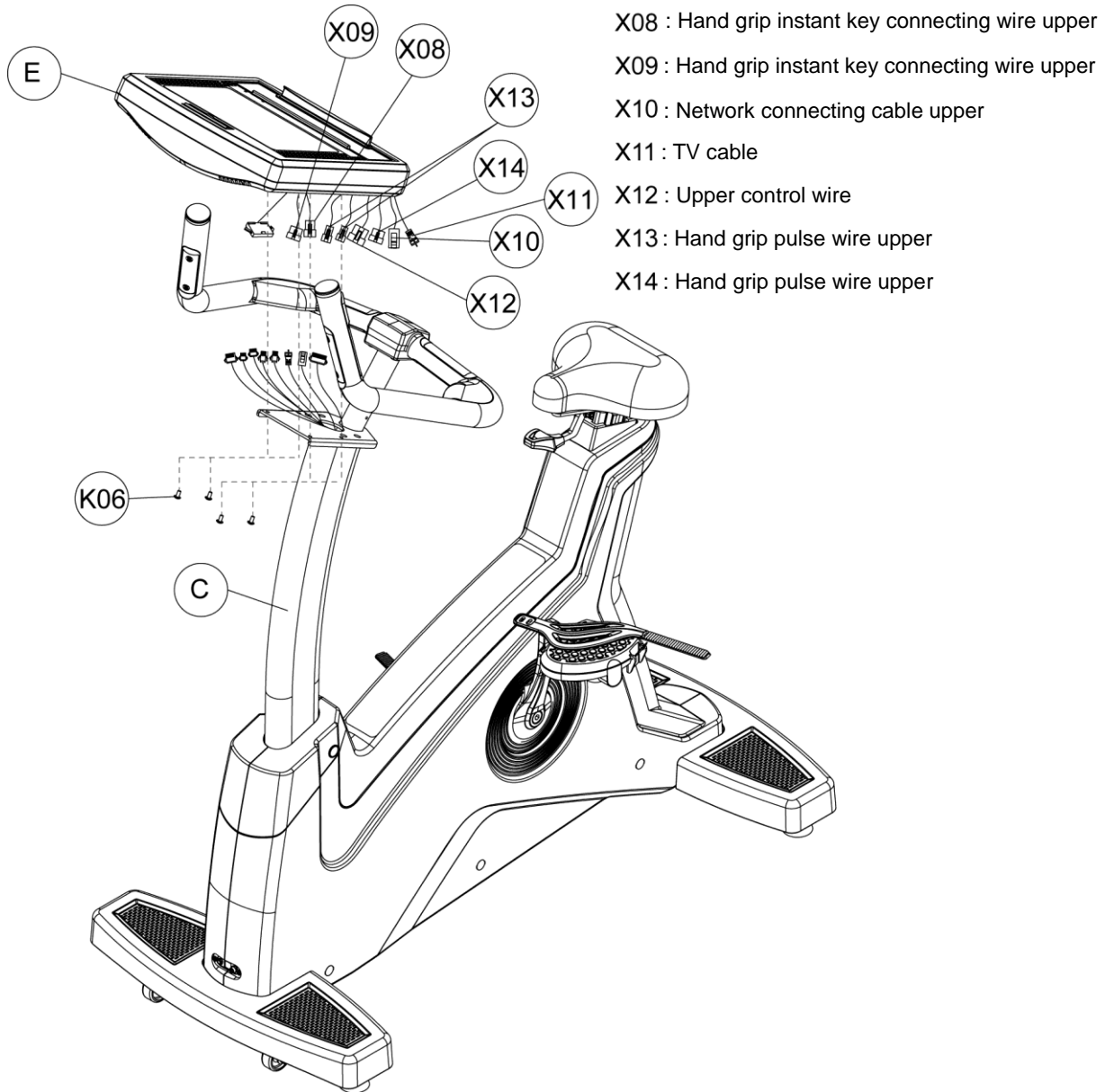
Pull out the wires in handle bar tube(D) and make it through control tube(C), then tighten handle bar tube(D) on control tube(C) with hex screw(K04), spring washer(K05).





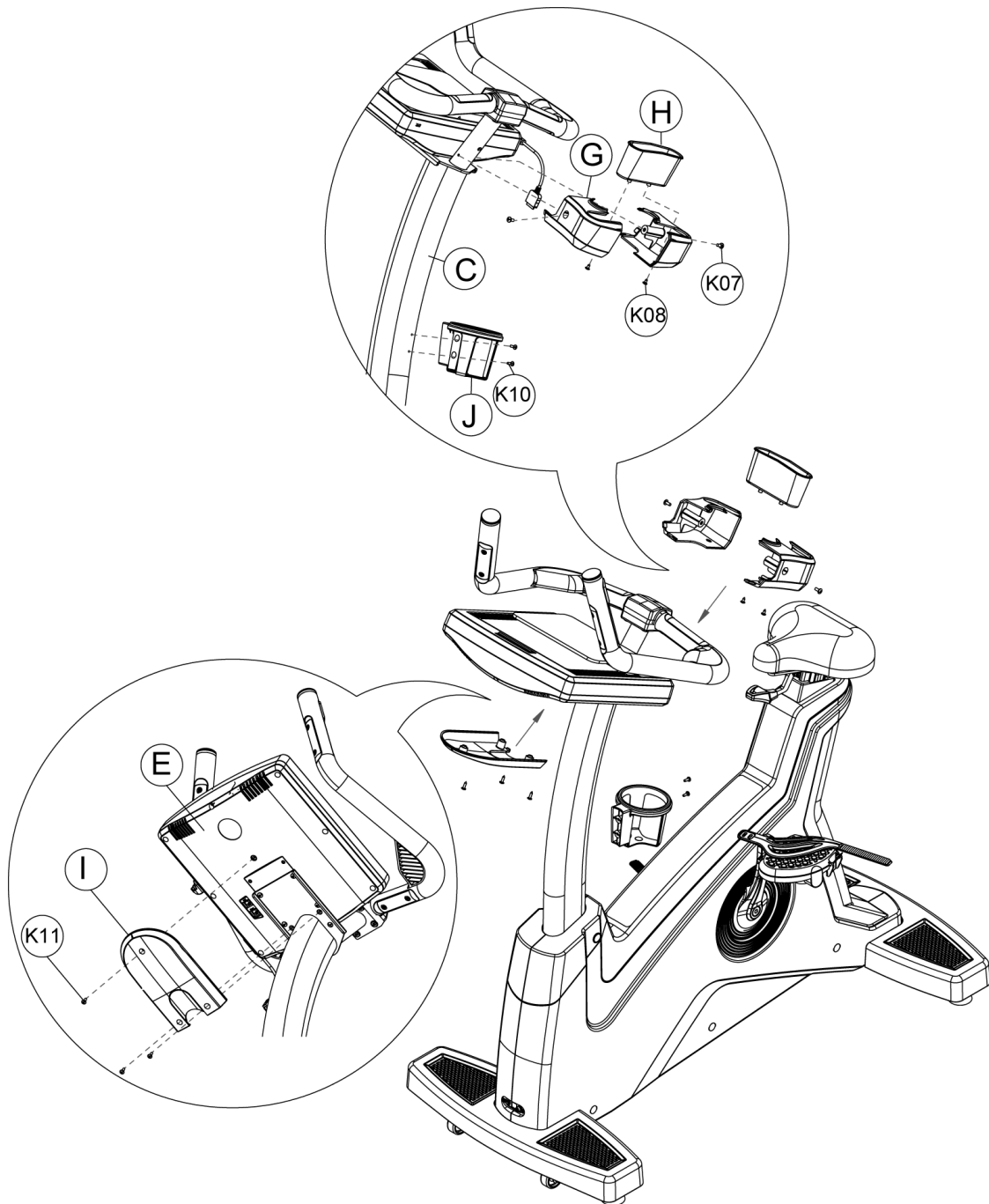
## ■ STEP 5 ASSEMBLE COMPUTER AND CONTROL TUBE

Connecting wires of computer(E) and the wires outing from control tube(C), then tighten computer(E) on control tube(C) with truss cross screw(K06).



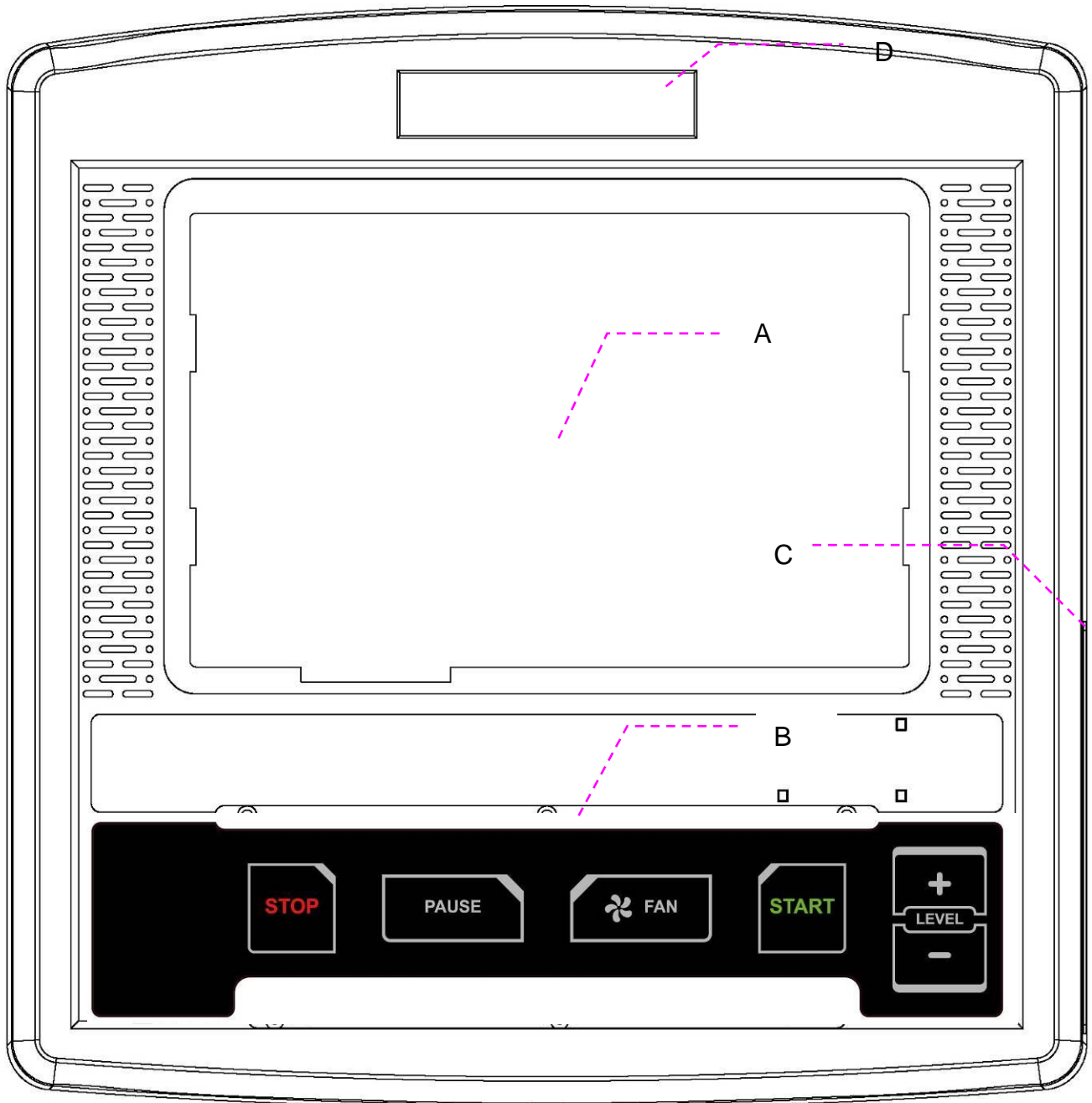
## ■ STEP 6 ASSEMBLE COMPUTER DECORATIVE COVER, FLASK HOLDER AND COMPUTER CONTROL TUBE

Tighten computer decorative cover front(G) on control tube(C) with truss cross screw(K07), and fix stuff holder(H) with truss cross self-tapping screw(K08). Then tighten flask holder(J) on control tube(C) with truss cross screw(K10). At last, fix lower computer decorative cover(I) on computer(E) with truss cross self-tapping screw(K11).


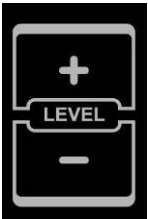





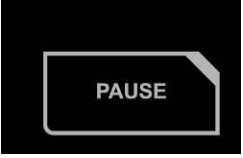
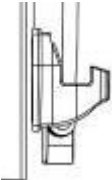



## 4. The operation instruction of electronic meter


This machine can provide a simple and easily operated electronic meter. Users can input personal data by the electronic meter and set each exercise target.



#### 4.1. Electronic meter structure

A1	Information condition display area	Display each condition information before exercise, during exercise and after exercise.
A2	Touch operation area	<p>The screen area has touch function. On the screen, there are operation keys for each page. Except for pressing once, part keys support long time pressing, finger drag and rotating.</p> 
A3	Picture display area	Display multiplayer picture
B1	Resistance increase	Press the button to increase the resistance. Scope value: 1~40 LEVEL
	Resistance decrease	Press the button to decrease the resistance. Scope value: 1~40 LEVEL
B2	Start	<p>(1) If press the key at any time, the program setting can be skipped to directly enter the optional page of exercise storage device with default value before exercise.</p> <p>(2) If the electronic meter is in the optional page of exercise storage device and if press this key, it can enter exercise page.</p> <p>(3) If the electronic meter is in pause status and if press this key, it can cancel pause and return to exercise status, The speed can return to the previous value and the lifting can continue the unfinished target value.</p> <p>(4) If the electronic meter is in course page for exercise ending and if press this key, the electronic meter can return to standby page.</p>
	Stop	(1) If the electronic meter is in log in page and if

		<p>(1) If the electronic meter is in setting page and if press this key, the electronic meter can return to standby page.</p> <p>(2) If the electronic meter is in optional page of exercise storage device and if press this key, the electronic machine can return to standby page.</p> <p>(3) If the electronic is in exercise status or in pause status and if press this key, this exercise can be ended directly and enter exercise course report.</p>
<p>B4</p> 	<p>Fan</p>	<p>Press this button to turn on/off the fan during exercise. The fan has high/low speed 2 section.</p>
<p>B5</p> 	<p>Pause</p>	<p>Press this button to enter into pause state during exercise.</p> <p>Under pause state, press this button to return to exercise mode.</p> <p>Under warm up or cool down statue, press this button to skip.</p>
<p>C1</p> 	<p>The fixed hook with IPod wires</p>	<p>When IPod connection wires are not used, twine them as U shape and hang them on the hook.</p>
<p>C2</p> 	<p>USB</p>	<p>(1) This holes can be used for Andriod device charging and the output power supply is 5V/1A.</p> <p>(2) This holes can be used for software updating and maintenance.</p>
<p>C3</p> 	<p>Earphone</p>	<p>This hole can connect 3.5mm voice output device, such as earphone.</p>
<p>C4</p> 	<p>IPod connecting wire</p>	<p>This wire can connect iOS device through the electronic meter and the following functions can be used:</p> <p>Charging function,</p> <p>Reading the sound source and video inside the</p>

		device. Nike+ function.
D 	The air outlet holes of fan	The air outlet angle can be adjusted by hand.

## 5. Display page introduction

### 5.1. Simple user interface :

- The simple and obvious buttons and icons will assist users to operate as the users wish to finish all settings and the control during exercise.
- UI design of the electronic meter comes from our long term experience in fitness equipment field, the special new technical function and users' angle. The designed operation environment is the fittest.

### 5.2. Startup page



This electronic meter is Andriod system and the loading picture can be displayed during startup. The total loading time of the system is about 35s.

### 5.3. Resident area



There is a commonly existed status column at the Top right of the picture to assist users to make an inspection at any time.

- Wi-fi signal intensity

It is used for confirming the online quality of wireless network of the electronic meter.

- The online status of local area network:

It is used for confirming the online quality of local area network of the electronic meter.

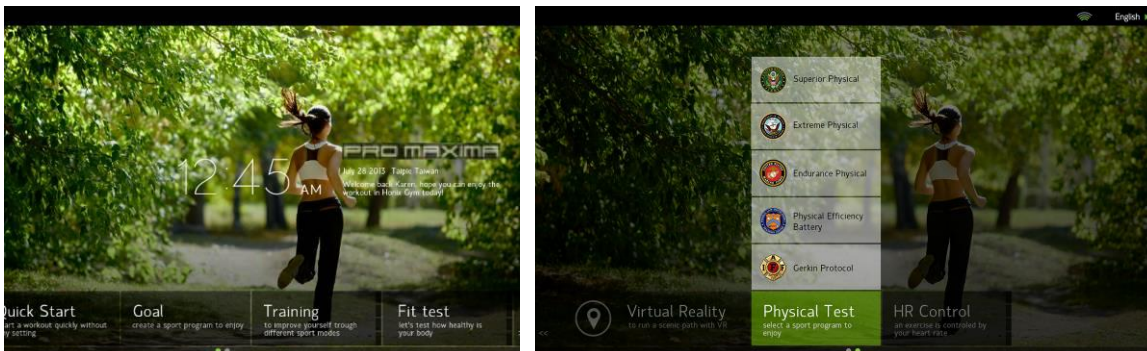
- Language switch section

To switch the words on the screen for the users, and after choosing the language, the system will switch automatically. During the switch, other keys are invalid.

※ This language switching is real-time. When the electronic meter is turned on, the system language can return to the default automatically which can be set under the engineering mode.

※ Resident area only display at the standby page under the non-exercise status.

## 5.4. Standby page



Choose Quick start or other program control in this page. Go back to this page whenever the exercise is over.

**5.4.1. Date, time and address of the system will be shown in the page center.**

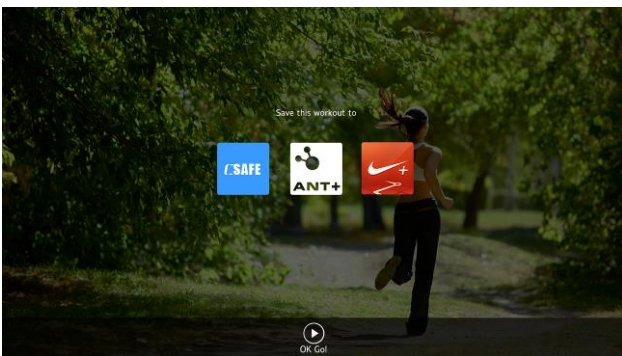
**5.4.2. Bottom of the page is menu area of program control, total 2 pages. Change to the next page in the method of left or right sliding. Some program control has sub-stage. Pop-up sub-menu after pressing program control title.**

## 5.5. Program control set page



- 5.5.1. Choose any program control in standby page, apart from Quick start, and then enter into the set page of the program control.
- 5.5.2. Input the age, weight, gender...of the user in specific program control, to be substituted into the computational formula of the SPC.
- 5.5.3. After the set is finished, press start key, then enter into storage device ahead the exercise, choose the page.

## 5.6. Exercise storage device optional page (running and fitness with the exercise record device)



- 5.6.1. Quick start or any program control can enter the page ahead the exercise. Press OK Go or START key to enter into exercise. Press Home key or Stop key, you can cancel it and return to standby page.
- 5.6.2. The page is set for the purpose that the user can choose whether to keep pace with the following 3 exercise record devices:



- **CSAFE:**

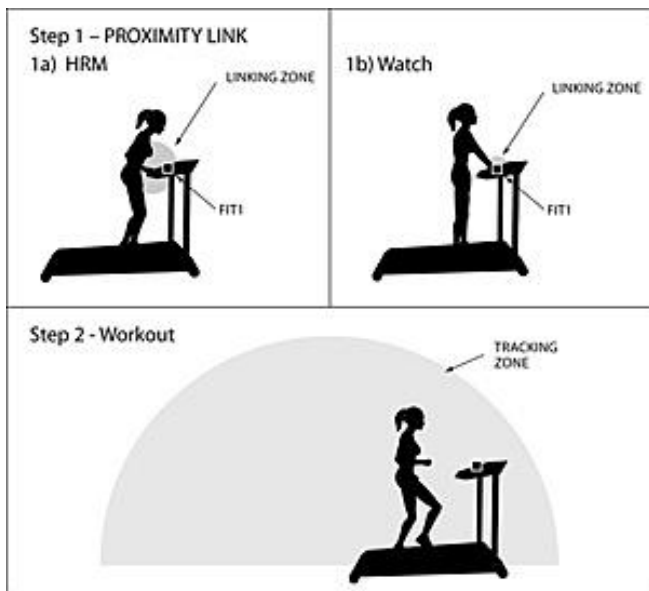
A set of exercise management system developed by FitLinxx is one of the specifications widely accepted by fitness industry. The gym shall add FitLinxx memberships and server appliance shall be installed. Use RJ45 network cable to achieve the online and data synchronism with electronic meter. Exercise value of fitness equipment that uses CSAFE function can be accumulated.

- **ANT+:**

A set of exercise management system developed by Dynastream is wireless transmission communication technology. The user shall be equipped with the device that has ANT+ launcher established inside, such as the sport watch of Garmin, FR60, Forerunner 210/310/610/910XT...or supporting smart phone, such as HTC Rhyme 、 Samsung S4 、 Sony Z1...

Step.1 Approach the receiver inside the electronic meter by wireless induction to conduct the pairing of devices

Step.2 Choose the pattern of ANT+ in this page, confirm the online and data synchronism. Value between the watch (outdoor) and electronic meter (indoor) can be accumulated.



- Nike Plus :



For a set of exercise management system developed by Nike, the user shall be equipped with Apple device that has Nike+iPod receiver established inside, such as iPod touch 4, Nano 6, and iPhone 4.

Step.1 Connect with Apple device by iPod transmission line established inside the electronic meter.

Step.2 Choose the pattern of Nike+ in this page to confirm the online and data synchronism. The value can be stored in Apple device in the following exercise.

Why are the Apple device that has Nike+iPod receiver established inside and software designed?

iPod nano, Software version 1.2 or more advanced version

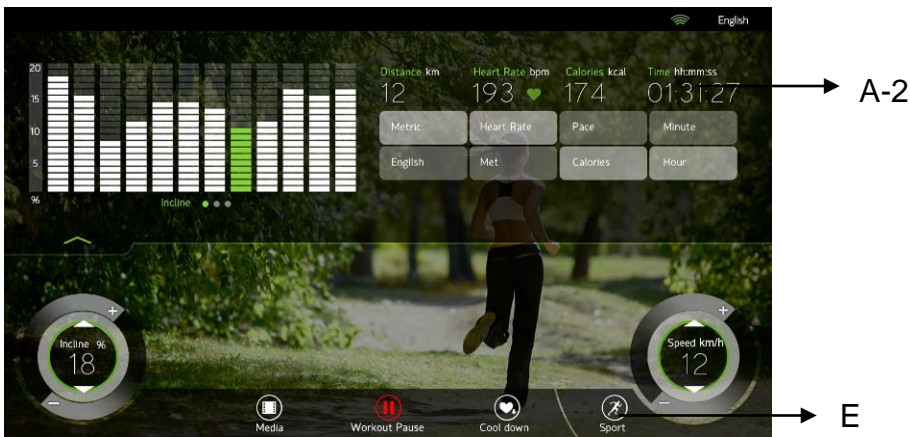
iPod touch, Software version 5.1.1 or more advanced version

iPhone 3GS~ iPhone 4, Software version iOS 5.1.1 or more advanced version



## 5.7. Pages of the exercise





**5.7.1. Enter the page of the exercise by the mode of Quick start or program control, and there are five areas, A/B/C/D/E.**

**5.7.2. Instruction of display areas**

- A-1 area:  
The information area of motion state can display five common states of motion, including distance value, heartbeat value, calorie value, time and lifting outline (shown in the form of column diagram).
- A-2 area:  
Click any part of A-1 area, the window can be pulled down. Change five status of A-1 area into other status information arbitrarily, for example, change distance value and speed value into British system, the heartbeat value will be changed into maximum oxygen content, calorie into the pace and speed, time into “min”, lifting outline into speed curve diagram (update frequency: 5s) or heartbeat record diagram. Click any part of A-2 area, retract to A-1 area.
- B area:  
It displays that a few exercise record device are running.



- C area:  
If the multimedia mode is not started, the background is base map; when the multimedia mode is started, the background is image processing area, including the interface of display and operation of films.
- D area:  
Basic operational key, right turntable can adjust the speed, press individually or press for a few seconds Speed↑/↓key, or if the finger presses the turntable, no leaving, describing circle according to clockwise or anti-clockwise, you can speed up or slow down.



- E area :

the operating keys as following:

- Cool down    Enter into 3-min-cool down program by manual operation. Every 1 min passes; the speed value will decrease 50% automatically. Lifting will return to 0 section, when the time is zero, run end.
- Skip            Press this button for cancel, when in warm or cool down program.
- Pause         Press this key, enter the pause status.
- Home          Press this button in the pause status. The sport end.
- Continue      Press this button in the pause status. Return to sport again.
- Media         Start or close multimedia mode, including facebook 、iPod/iPhone 、TV/DTV 、Youtube...



### 5.7.3. Multimedia function



#### 1. facebook :



Connect the facebook browse specially designed, remove unnecessary links, wall information of the user is displayed. Or press sharing key, the current exercise summary will be rapidly posted on the wall.

- ✘ Privacy protection: The system will end the FB account which is logged in by the users and turn to the standby page, or remove the safety key, the FB account will be logged out automatically.
- ✘ If facebook cannot be opened smoothly, please check the condition of the internet. The bandwidth of the Ethernet internet at least should be 10/100Mbps, the length of the wire between the computer room and the machine should be shorter than 50-meter, and the longer the weaker of the signal; the function of fireproof for wi-fi should be shuttered, and the function for connection of the exterior internet should be opened and the signal intensity at least 2 stage or lower than 70 db.

## 2. iPod/iPhone :



- Connect the iPod specially designed; insert the connecting line of iPod of electronic meter into Apple device of the user. The system will begin to read files of (Loading) Apple device and the files will be displayed in the central region of the picture.

※If there is no files in more than 10s, inspect whether the connecting line is badly contacted, insert again.

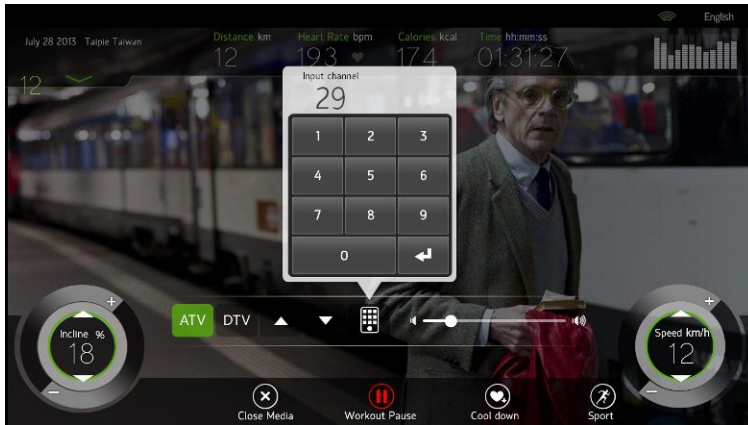
- When the file is loaded successfully, choose Playlist, Artists, Albums, and Songs. Rapidly screen the songs you want to play according to the variety, or choose Video to play videos and films; press the name of the document, it begins to play.
- While playing the files, there will be control column under the data base of the files. Play/stop, the previous and the next, and volume adjustment, inspect the progress of play.
- While playing video and files, the image will be displayed in the central area of the picture, press the image area, exercise information and all operational keys will be hided, press the image area again, recover to display exercise information and all operational keys.

※There are many devices of iPod, and official iOS operating system of APPLE is changed every year, or the change of connector may cause problems of the supporting of iPod/iPhone/iPad (the problems can't be certificated or operated), the following items are the supporting standard of all devices:

- (a) Operating system: support iOS5 version and more advanced r\version, the version that can be certificated and operated, updating to the version more advanced than iOS7 is suggested and the optimization can be achieved. Version lower than iOS5 may not be supported.
- (b) Lighting connector: support the adaptor of 30Pin or the adaptor that is transferred into 30Pin from official 8Pin.

※ 8Pin lighting connector is the official updated module after 2013 from Apple company, and the new module without the function of depositing and withdrawing of video and nike+ for the exterior equipment, but the function of supporting charging and depositing and withdrawing of video is maintained.

### 3. TV/DTV :



- Watch TV program in this mode, support the message of analog television or digital television.
- Analog television or digital television shall set the frequency and scanning the message in the project. See the project mode chapter for details.
- Image display area is in the centre of the picture, press image area, and the sport information and all operational keys will be hided, press the image area again, the sport information and all operational keys will be recovered.
- While the television channel is playing, there is control bar under the screen, use ↑/↓ and virtual keyboard to change the channel. Volume bar can be dragged and adjusted. Current frequency No. can be tested.

### 4. Youtube :

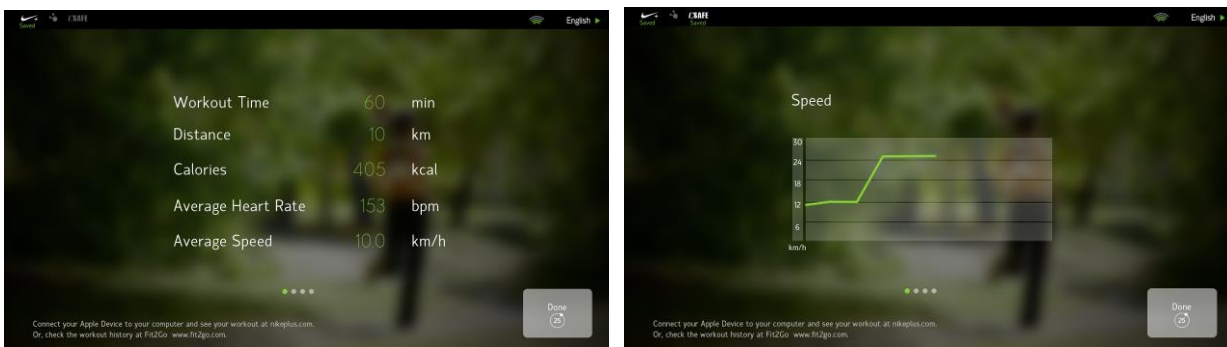


- Connect the Youtube browse specially designed; left side is classification screen, files and images will be displayed in the center.
- Choose any classification, Youtube can search corresponding film, sliding up and

down to confirm, then press image pattern, the film will be loaded, and the film will be played after being loaded.

- The image is in the center of the picture, there is play progress bar in the bottom. Press the center to pause or recover the play. Press ← key, return to last film menu, press  $L_{\uparrow}$  key, the image is amplified, drag volume bar to adjust the volume.
- While using this mode, connect Ethernet or wi-fi. Transmission quantity of the image is large; guarantee the speed and quality of networking. If the networking quality is poor, the load may be slow and play may be off and on.
- If Youtube cannot be opened smoothly, please check the condition of the internet. The bandwidth of the Ethernet internet at least should be 10/100Mbps, the length of the wire between the computer room and the machine should be shorter than 50-meter, and the longer the weaker of the signal; the function of fireproof for wi-fi should be shuttered, and the function for connection of the exterior internet should be opened and the signal intensity at least 2 stage or lower than 60 db.
- When you cannot ensure whether the cause of the failure of the connection to internet is the wi-fi or not, you could use the 3G or 4G telephone as the hot point of wi-fi temporarily, and to confirm the machine by this hot point.

## 5.8. Exercise Course Page



- When in Quick Start or in program control, because of zero time, zero target value, accomplishing exercise program or manual termination in exercise, the screen will display integrated abstract of exercise of this time, including time, distance, burned calorie, average heartbeat, average speed, outline and so on.
- Exercise Course page displays 1 min. You will return to standby page by pressing Done key, Stop key or waiting for 1 min.
- When there is exercise optional storage device, the system will also automatically transmit data to appointed device, storage device displaying on the top left corner.

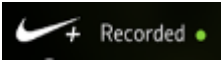


Green lights mean completion, no lights means no upload or uploading unsuccessfully.

- Some special program control such as soldier stamina rating will display corresponding scores and rating levels in accordance with age and finish time of users after finishing appointed target.
- How to check my stamina training data when running finished?

#### **Nike + :**

If users connect Apple device to electronic meter before exercise and leave it connected still after running, electronic meter will automatically

save 3.8.1 materials to Apple device, displaying  on the top left corner, indicating successful storage of the data.

Connect Apple device to your computer and start iTunes. iTunes will detect the data and upload the data to nikeplus.com. And then log in nikeplus.com and you can browse these data.

More detailed information related to how to upload and trace your stamina training process on Nike+ site.

#### **Csafe :**

Electronic meter will automatically save 3.8.1 materials to Csafe server when connected to Csafe server, displaying Csafe recorded on the top left corner, indicating successful storage of the information.

Please ensure the exercise course from your fitness instructor as they manage data of Csafe server and get some advice.

#### **Ant + :**

Electronic meter will automatically save 3.8.1 materials to ANT+ device after exercise if match watch with ANT+ function (or mobile) to electronic meter, displaying ANT+ recorded on the top left, indicating successful storage of the information.

Connect USB of ANT+ to your computer and start Garmin ANT Agent applied program, then get ANT+ device close to USB\_ANT card to match. USB\_ANT card will detect the information to transmit data wirelessly to database of Garmin ANT Agent. The system will automatically log in site of Garmin ANT Agent to make the exercise data displayed.

More detailed information related to how to upload and trace your stamina training process could be searched out on Garmin ANT Agent site.

## 6. Heart Detection Introduction

According to related studies, maintaining a stable heart rate in exercise is the best tempered manner for monitoring exercising strength and reaching the maximum strength, which our electronic meter could meet the demand.

### 6.1. Heart Rate Sensor System

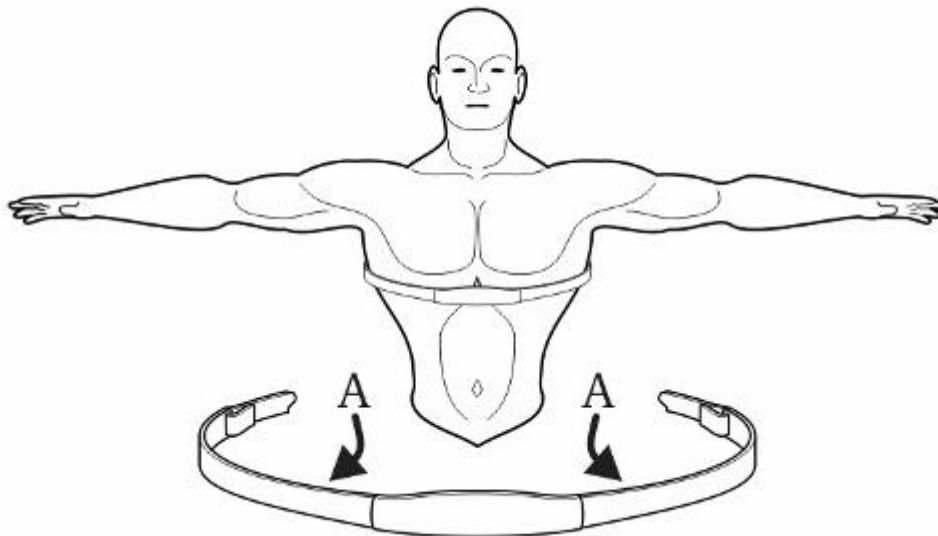
#### ■A. Manual Sensor System

It means a monitoring system testing heart rate by holding nonferrous metal sensor device of front handrail during exercise. Two handrails each have two sensors. All four sensors must be hold in exercise process so that control panel of electronic meter could get heart rate signal and display variation of heart rate after 15 to 30s.

#### ■B. Chest Strap and Heart Rate Monitor

Chest strap and heart rate monitor paste electrode to human body and transmit heart rate signal to control panel by telemetry. Chest strap is not a necessary accessory, so users could purchase as need.

**Diagram: middle electrode position and wearing manner of chest strap**



Middle electrode position and wearing manner of chest strap are as above. Electrode A locates in the groove of two inner side midpoint of chest strap. Electrode must be wet to transmit pulse signal of heart to receiver more accurately.

Chest strap should be kept slightly below the pectoralis. Adjust chest strap and insist the principle of comfortable wearing and smooth breathe. Electrode connecting skin directly as well as wearing thin wet clothes makes it more effective on heart rate monitoring.

## 6.2. Regional heart rate exercise

Set ideal heart rate range or region, and start aerobic exercise and exercise of enhancing cardiovascular functions. The following table is a heartbeat display image of age and corresponding target heart rate.

Regional heart rate exercise includes the following 5 kinds of modes:

- Hill Heart Rate
- Interval Heart Rate
- Cardio Heart Rate
- Fat burn Heart Rate
- Target Heart Rate

The advantages of each zone are different from each other, which will be introduced specially in HRC section.

## 7. Sports and fitness program

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### 7.1. Overview of sports and fitness program

- Quick start mode, 8 Goal program control, 5 Training program control, 5 PFT program control, 8 virtual reality program (complex map ),one multiplayer competition program are included .
- All sports and fitness program can use abovementioned multimedia function and motion record function during exercise.
- Parts of sports and fitness program can implement warm-up stage firstly after starting, skip can be pressed to cancel the program in the process of warm-up.
- Parts of sports and fitness program can implement cooling stage automatically after completing program control target, LEVEL =the reduction of 50% of the current resistance per minute. The cooling stage can be cancelled by pressing “skip”.
- Lifting: lifting key can be pressed during exercise, the speed will return to zero

slowly, the slope will maintain current angle, and all exercise values will be saved temporarily for 15 seconds. Continue key can be pressed within 15 seconds to recover, the speed will return to status before lifting; The program can terminate automatically and return to standby page when pause status exceeds 15 seconds. Some program control is based on training target, so lifting function is not enabled.

## 7.2. Overview of sports and fitness program

### ■ QUICK START

After starting the machine up, QUICK START key can be pressed in standby page directly, so as to start quick start program up quickly. As program setting is skipped, the basic personal data required in calculation procedure of exercise will be entered into directly (If fit2 go membership is logged in , then membership information can be used to enter into ) by default value (30 years old, 70 kilo ), including age and weight.

There is no warm-up stage in quick start mode, LEVEL can be adjusted with hands in the process randomly.

### ■ Automatic program

#### Time Goal

1. The process must be used, matching with the built-in exercise program (Manual, Hill, Interval, and Random) of the unit.
2. Set time as the exercise objective. Once this time is up, the program will automatically go into the cool down phase.

Set range: time preset 20 minutes/range 20-99

#### Distance Goal

1. The process must be used, matching with the built-in exercise program (Manual, Hill, Interval, and Random) of the unit.
2. Set distance as the exercise objective. Accomplish the specified mileage with no time limit. Once this time is up, the program will automatically go into the cool down phase.

Set range: distance present 5 km/range 1-99

#### Calories Goal

1. The process must be used, matching with the built-in exercise program (Manual, Hill, Interval, and Random) of the unit.
2. Set weight loss and control weight as the exercise objective. Accomplish the specified heat consumption workout with no time limit. Once the objective is achieved, the program will automatically go into the cool down phase.

Set the range: calories preset 200 / range of 10-999.

#### Manual

1. It is an automatic program of LEVEL change and the pre-programmed default value. The LEVEL is 20. Scroll the contour plot to make changes of each phase in details.
2. After the end of the program, you may manually adjust the LEVEL. A change is available for each stage. When the target value is "time", it has 12 stages of change. Each stage = time value divided by 12; When the target value is set as "distance" or "calories", per minute has one change. 12 minutes later, it will return back to the figure of the first phase for circulation.

#### Hill

1. It is an automatic program of LEVEL change and the pre-programmed default value. The LEVEL is in the mode of foothill. Scroll the contour plot to make changes of each phase in details.
2. After the end of the program, you may manually adjust the LEVEL. A change is available for each stage. When the target value is "time", it has 12 stages of change. Each stage = time value divided by 12; When the target value is set as "distance" or "calories", per minute has one change. 12 minutes later, it will return back to the figure of the first phase for circulation.

#### Interval

1. It is an automatic program of LEVEL change and the pre-programmed default value. The LEVEL is in the mode of height interval. Scroll the contour plot to make changes of each phase in details.
2. After the end of the program, you may manually adjust the LEVEL. A change is available for each stage. When the target value is "time", it has 12 stages of change. Each stage = time value divided by 12; When the target value is set as "distance" or "calories", per minute has one change. 12 minutes later, it will return back to the figure of the first phase for circulation.

#### Random

1. It is an automatic program of LEVEL "random" change. Press "?" to change the pre-programmed resistance curve which will form more than one hundred curves. You may scroll the contour plot to make changes of each phase in details.
2. After the end of the program, you may manually adjust the LEVEL. A change is available for each stage. When the target value is "time", it has 12 stages of change. Each stage = time value divided by 12; When the target value is set as "distance" or "calories", per minute has one change. 12 minutes later, it will return back to the figure of the first phase for circulation.

#### Custom

While setting the above seven programs, adjust any level contour of any program by

finger to create customized procedure.

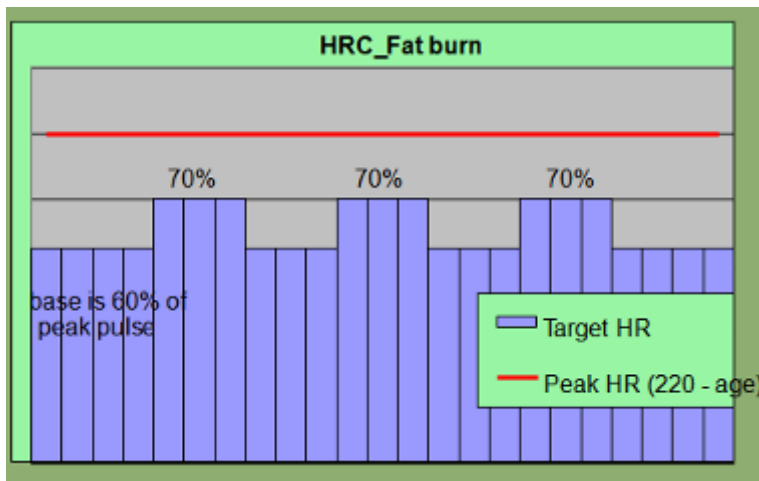
## ■HR Control

Exercise body strength with the changes of heart rate.

Use of chest sensor or heart rate sensor equipped on the handrail during exercise is required; otherwise the program control of this workout will be invalid.

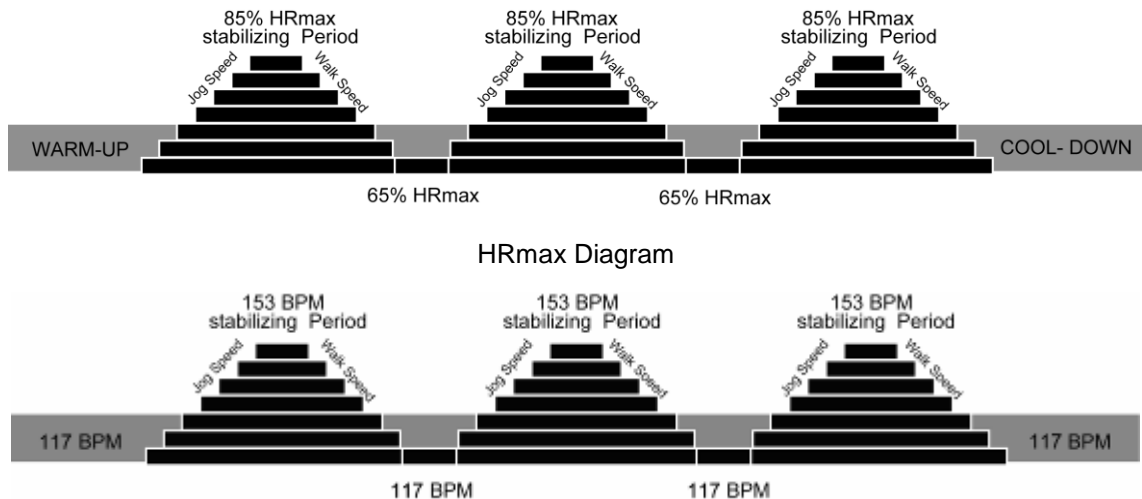
### Fat Burn Heart Rate

1. The low-impact exercise for heart beat is mainly aimed to burn fat. Within the exercise time set, the heart rate will be in an inter molecular exchange mode between the two target heart rates (60% and 70%) subject to the age of the user. It is similar to the movement of heart rate in short distance race.
2. If no heartbeat signal is detected during the program, the screen will display "NO PULSE". If heartbeat signals are unviable over 45 seconds, the program will be terminated compulsorily to go into cool down procedure.
3. The heart rate value is tested every 10 seconds by the system. When the actual heartbeat value is faster or slower than the target rate, a message will display to remind the user increasing or decreasing the LEVEL. The resistance will be adjusted automatically. In this case, the user's heart rate may remain at the target value. (Target heart rate value =  $(220 - \text{age}) * \text{heart rate exercised}$ )
4. Each increase or decrease of the electronic meter means the change of one LEVEL.
5. During program execution, enter the manual adjustment LEVEL mode.
6. Mission mode is adopted in this program. The user must pass the 60% heart rate of the first round mission, reach the target heart rate value, and exercise for 1 more minute under this rate before going into the next 70% mission. Through resistance increase, the heart rate rises to 70% and keeps the figure for 1 minute. Perform these in the same manner until time out.
7. For the heart rate never reaches the target rate but goes up and down between the two target rates, the program will not go over the next exercise target since the last target rate was unqualified.
8. Enter pause mode.



### Cardio Heart Rate

1. During the heartbeat exercise, the heart rate is changed between the two target heart rates (65%, 85%), alternatively.
2. The movement of program has the same requirements as other HRC program.
3. Program figure (taking 40-year-old user as the example):



### Target Heart Rate

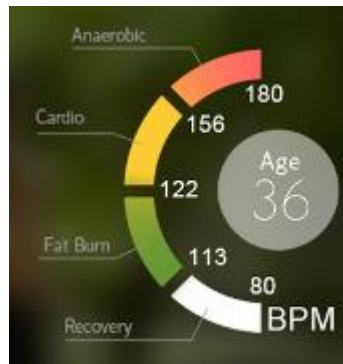
1. The user may determine the target heart rate value. Take reference to the recommended values displayed on the right side. The recommended values are used to translate the range value of each heartbeat interval based on the age of the user.

1%~54% : Low (Recovery)

55%~71% : Fat burn

72%~89% : Cardio

90%~100% : High (Aerobic)



- The movement of program has the same requirements as other HRC program.

### Hill Heart Rate

- The program is composed by four target heart rates. Of which, the target rate of three changes are 70%, 75%, and 80%, respectively. The rest remains at 65% as the minimum.
- The movement of program has the same requirements as other HRC program.
- Program figure (taking 40-year-old user as the example):

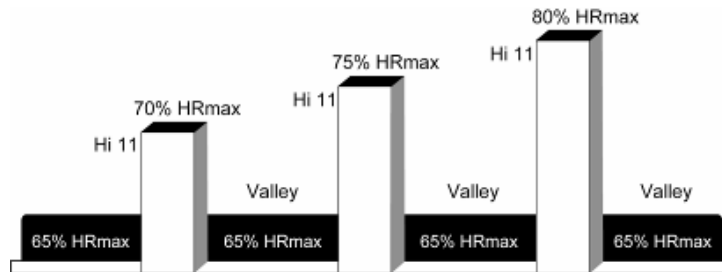
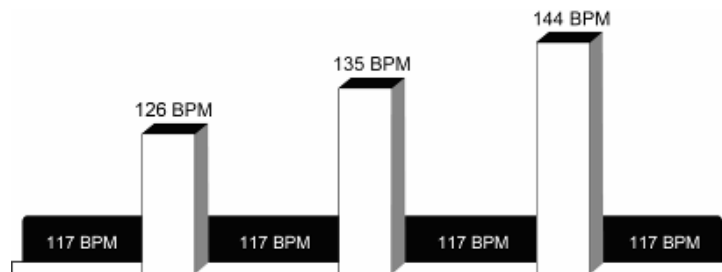


Diagram of HRC



Corresponding Target Heart Rate

### Interval Heart Rate

- The program is composed by two target heart rates, 65% and 80%, respectively.
- The movement of program has the same requirements as other HRC program.
- Program figure (taking 40-year-old user as the example):



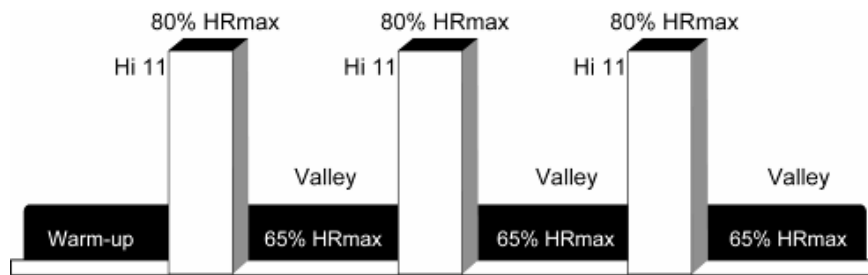
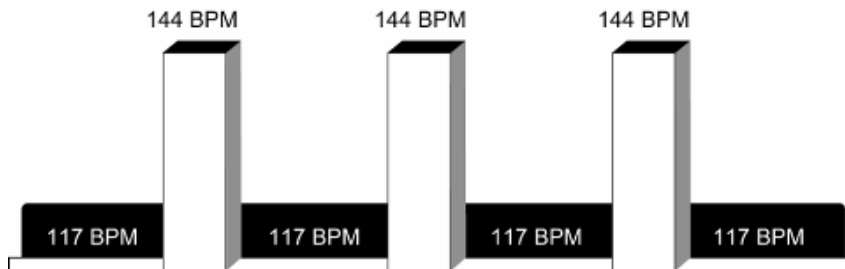


Diagram of Heart Rate Interval



## ■ FITNESS TEST

This model is aimed to get the strength of heart rate of the user in the tested movement process by substituting the heartbeat values, before and after the test, into the comparison table. Use wireless heart rate monitor is required.

1. Set gender and age
2. After the program is started, time is negative and distance and calories are positive.
3. Six minutes for Male at 150W and for Female at 100W. The goal is to generate heartbeat changes of the user by a short movement. If the Distance or heart rate value is zero, the final value will be zero.
4. Fitness Test Comparison

MALE					
AGE	HEART RATE				
<35	>=186	>=170	>=139	>=129	<129
<45	>=183	>=165	>=124	>=112	<112
<55	>=186	>=167	>=127	>=100	<100
>=55	>=188	>=165	>=129	>=107	<107
<b>RESULT</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

FEMALE					
AGE	HEART RATE				
<35	>=197	>=181	>=150	>=140	<140
<45	>=212	>=197	>=161	>=150	<150
<55	>=228	>=212	>=181	>=169	<169
>=55	>=238	>=223	>=197	>=181	<181

<b>RESULT</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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## ■ CONSTANT WATT

This model is aimed for fixed resistance target workout. During the exercise period, the LEVEL increases and decreases automatically with the current RPM, allowing the user to achieve the demands of the target value set, 25W ~ 400W.

1. Set WATT and time.
2. After the program is started, time is negative and distance and calories are positive.
3. The target value is corrected value every 10 seconds automatically by the LEVEL value. Do not start the manual adjustment operation.
4. CONSTANT WATT Comparison:

Watt Value	LEVEL Value	LEVEL Limit Value
≧ Target Value 75W	+3	40
≧ Target Value 50W	+2	40
≧ Target Value 15W	+1	40
≦ Target Value 15W	-1	1
≦ Target Value 50W	-2	1
≦ Target Value 75W	-3	1

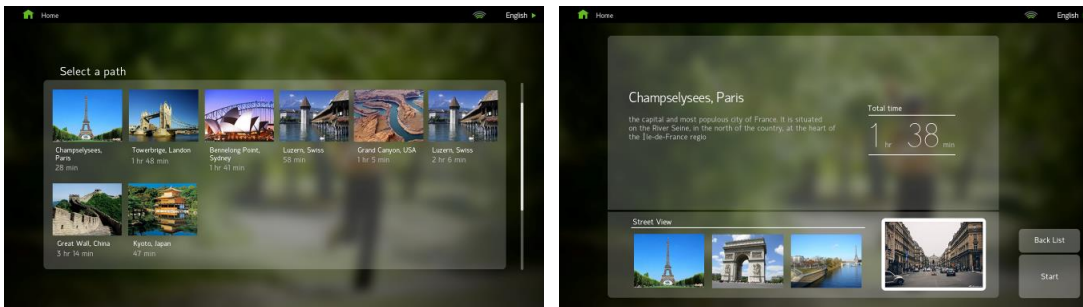
## ■ CONSTANT RPM

This model achieves workout at the fixed RPM target. During the exercise period, the LEVEL increases and decreases automatically with the current RPM, allowing the user to achieve the requirements of the same RPM.

1. Set RPM and time
2. After the program is started, time is negative and distance and calories are positive.
3. The target value is corrected value every 10 seconds automatically by the LEVEL value. If the default value is different from the actual value, the LEVEL value is

increased or decreased automatically.

## Virtual Active



1. The virtual reality is from movie which is taken by professional movie company and the copyright is legal. And the map includes resorts from all over the world, the national park, streets or mountains. And the film is showed in first person's view to make the users be in the virtual reality.
2. There are 8 positions for you to choose at the setting page, and enter into the next page after confirmation, then you can check the name of the place, the description of the place and the time of the film, and also you could see the preview film for this exercise routine.
3. After confirming the resorts, press the START key to enter the virtual reality exercise mode.
4. In the virtual reality, the time is minus and when the time comes to zero which means the course is over.



5. In the visual reality mode, the function of changing automatically is designed into the incline to mimic the change of forest or roads. But the real appearance of the place cannot be displayed completely, so during the exercise, the function of manual control and pause in the speed and incline is valid.
6. In the virtual reality, the Warm up and cool down program will be executed automatically.
7. In the virtual reality, the multi-media is invalid. Because the focus of this mode is on the real scenery during exercise, and every course has its own specific background music.
8. In the virtual reality, press any film section, and then the film will on full screen and other

windows will be close. These windows will recover after pressing once again.

9. The exercise information above could be dragged down.

## 8. Program Set

### 8.1. Enter and Exit Engineer Mode



Enter: After switch on the upright bike, press logo for about 5 seconds to enter engineer mode.

Exit: Under engineer mode, press Back on upper right corner to exit.

✘ If you can not enter engineer mode as described above, it means the software of treadmill needs to be update, please contact dealer.

### 8.2. Setting Metric or Imperial system Units



- Version name : the name of the version of the APP main program of the system
- Version code : the date of the version of the APP main program of the system
- Andriod ID : ic identity code of Andriod chip

- MCU Version : the version of the I/O firmware of the system
- Kernel Version : version of the core program of the system
- BG Service : null : means no backend service

ready : means backend service is ready

not ready : means backend service is available but abnormal

- Honix ID : production identity code of the board of the main machine.

### 8.3. Time zone setting

Choose your region, the system will automatically load and sync as per local internet time zone based on GMT, or adjust the date and time.

- This time is system time displayed on the desktop of standby mode and also applied to certain specific exercise management course.

### 8.4. Language

Choose language, the system will be set as default language.

- ※ Once language is set, when press Back to exit, the system will reboot automatically to make sure the language setting is smoothly.

### 8.5. Setting Metric or Imperial system Units

Choose “Metric” for metric system, choose “English” for imperial system. System will auto sync with the choose system for all setting.

### 8.6. Machine information

Machine type: Set the ratio of different bike type will affect the watt value. For example, upright bike, please choose BikeB. Recumbent, please choose BikeR. Elliptical, please choose BikeE. If stride can be adjusted in elliptical, please choose BikeES.

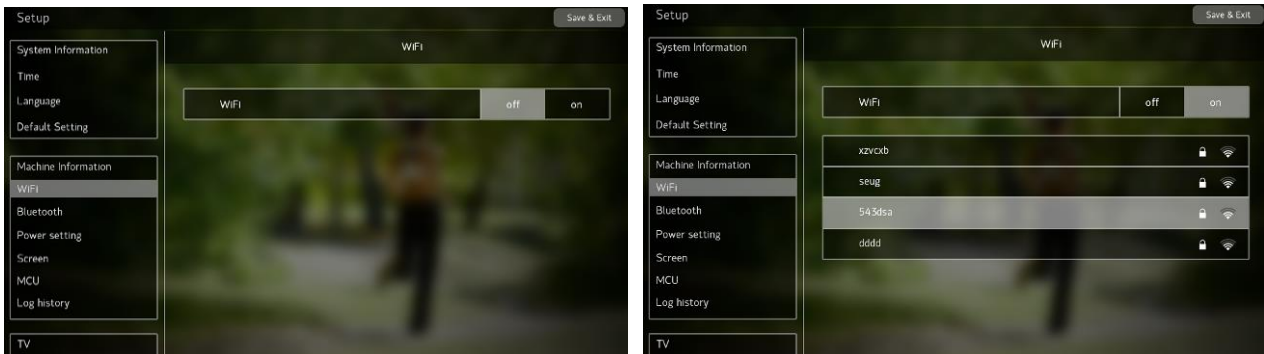
Total Time: Accumulated work out time and distance can be reviewed.

Total Distance: Accumulated work out time and distance can be reviewed.

Maintenance Distance: Maintenance reminder switch can be set (preset is off) The set data for the maintenance reminder will be used as the warning target by the system, once it is reached, “This machine is due for scheduled service” will show up every time the machine is started. Please add silicon lubrication and come back to this page to zero the data.

Maintenance Time: Same as above.

## 8.7. Wi-fi setting



Switch to on position, the system will detect available wi-fi connection. db means the signal strength, the smaller the better (it is advised to be lower than 50db). Please choose the wi-fi connection, enter password, press connect or Done, wait for connection. Once “connected” (red color)shows up, the connection is completed.

- ✘ The electronic meter will memorize the wi-fi device which was connected before. In next use, the automatic connection will be available provided that this wi-fi device is located within 20 m so that it is not required to input the password. When there are two or more wi-fi devices that are connected before in current environment, the last used device will enjoy the preference.
- ✘ If the fireproof wall of the wi-fi setting is opened, please close it, or the wi-fi setting cannot be detected or the connection cannot be done. If there is any other problem, please contact with the saler.

## 8.8. Power setting

PauseBack: Preset is 15 seconds, and the setting range is 10~30 seconds.

- This time means that at the condition of “pause” during exercise, after certain period of time without operation, the workout will be ended automatically and turn to the standby mode.

## 8.9. Update for the software

- APP UPDATE : Update for the APP software, please refer to the file about the update for software for details.
- Kernel UPDATE : Update for Android core firmware, please refer to the file about the update for software for details.
- MCU UPDATE : Update for I/O program · please refer to the file about the update for software for details.

- Media UPDATE : Update for the visual reality film, please refer to the file about the update for software for details.
- BG Service UPDATE : Update backend service, please refer to the file about the update for software for details.

## 8.10. Value Setting

- Watt and Level can be set at this page.
- ※ It is advised NOT to adjust the setting to prevent false setting.

## 8.11. Debug Log

Scan the condition of the orders during operation of the machine to check the process and possible factor of the problem.

- ※ If remote monitoring and analysis is required, please turn on wifi and inform Android ID from 8.2

## 8.12. TV Setting



Choose “local nation” --> choose the TV signal, “ATV” or “DTV” --> Press Quick Scan-->wait until the channel has been scanned to 100%( about 1 minute) -->it will display the current channel number which has been scanned successfully) -->after the confirmation.

- If the “district” and “signal source” is set but “channel scanning” is not executed, the function of entrance to TV is valid but there is only bland channel or irrelative channel, so we recommend that the channel scanning should be done.
- If scanning failed or the channel page did not show out, please execute Quick Scan again, try more times. If failed again, please press Deep Scan, then the system will execute more frequent scanning, but the scanning will take long time.

- “ATV” and “DTV” cannot coexist at the same time, when the signal change, please set and scan again.
- After scanning, the some channel can be executed as “ locked channel” and this channel will not appear in the TV mode any more.

### **8.13. Others**

Just for the internal operation by the engineers.