B9.1 OWNER'S MANUAL

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Pre Installation Tips

The following are tips to aid you in the installation of the 850B Fitness Bike:

1. Prepare all relevant parts before starting, this will save you time!
2. All screws are tightened by turning to the right and loosened to the left.
3. All tools needed for complete installation are provided.
4. Having another person to help will make it easier.
5. All instructions are written as if the user is positioned on the bike facing the computer.

Selecting Where Your Bike Goes

Positioning
- The ideal place to use your bike is on solid and even ground.
- There should be at least a 45cm gap either side and behind for ease of getting on and off.
- Make sure a power socket is a suitable distance away.
- Try and put your bike in a room that is used often, keeping it in sight will keep you using it!

Moving Your Bike
- The 850B Fitness Bike is very heavy, so please ensure two people are available to move it.
- DO NOT grasp the bike by the computer.
- Only wheel the bike when indoors and on a flat surface. When used outdoors on concrete or gravel the wheels may chip or buckle.

Important Safety Instructions

When using this product, basic precautions should always be followed, including the following:

Please read the instruction carefully before starting to use this product.

Danger – To reduce the risk of electric shock：

Always unplug this product from the electrical outlet immediately after using and before cleaning the treadmill.

Warning – To reduce the risk of burns, fire, electric shock, or physical injury：

1. The product should never be left unattended while plugged in.

2. When using the treadmill, please step on the treadmill before start. Do not start the treadmill and then step on the equipment.
   Unplug the product from the outlet when not in use or before putting on or taking off the clothes and other belongings.

3. To avoid any danger, close supervision is necessary when this production is used by children, invalids or disabled persons. So it is when the machine is working with such persons around.

4. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

5. Not proper or excessive training may be harmful to your health.

6. Be sure to use the product only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer in order to avoid any danger or accidents

7. Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Please return the product to the service center of seller for

examination and repair.

8. Do not carry this product by the supply cord or use the cord as a handle.

9. Keep the cord away from hot surfaces or ground.

10. Never operate the product with the air vents blocked. Keep the air vents free of lint, hair, etc.

11. Never drop or insert any objects into any vent of the treadmill.

12. Do not use or operate outdoors.

13. Place the treadmill on flat ground or flat roof.

14. Please confirm 100cm space away behind the bike or equipment.

15. Do not operate where aerosol (spray) products are being used or where oxygen is thin.

16. Before turning the product power off, turn all controls to the off position then remove the plug from the outlet

17. Connect the product to a properly grounded outlet only.

18. If the machine has folding mechanism, user should descend the incline to original position after workout.

19. The max weight of user is 180 kg.

20. The appliance is intended for commercial use only.

21. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.

22. The baking system is speed-dependent in watt control mode and speed-independent for other modes.

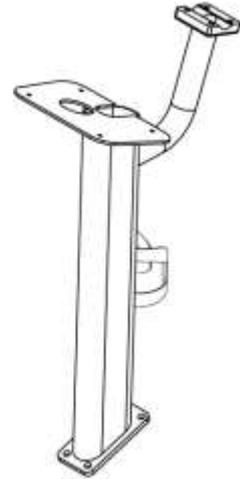| Max. User Weight	400Ibs/180kg
Size of Machine	64cm x 131.7cm x 146.1cm
Packing Weight of Machine	62.2kg
Net Weight of Machine	52.2kg
Power Supply	15V/1A DC (Charger)

Watt 表

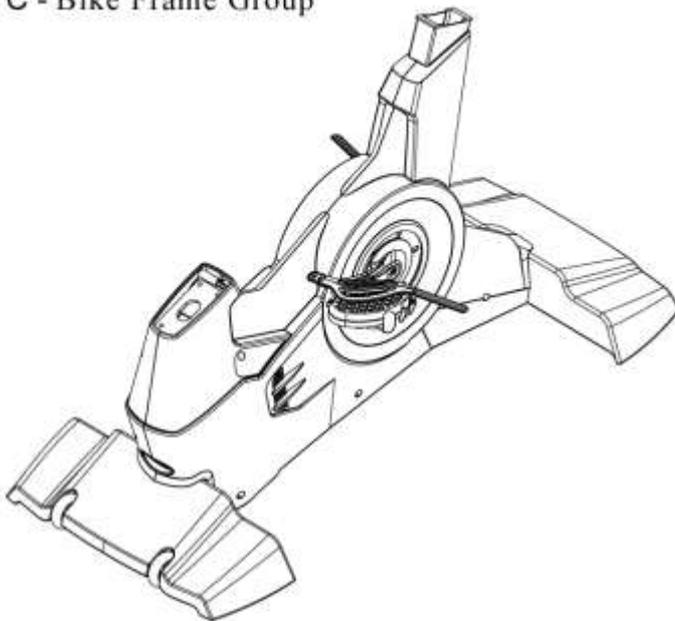| Rpm Level	50	60
L5	58	67
L10	120	138
L15	193	221
L20	328	382

Assembly Parts

A - Computer Group

B - Upper Control Frame Group
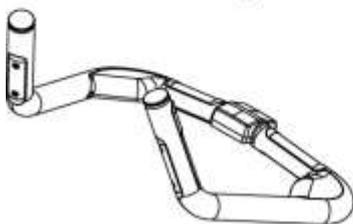
C - Bike Frame Group

D - Cushion

E - Handle Group

F - Right Decoration Cover

G - Left Decoration Cover

H - Magazine Shelf

Parts Details

ITEM	Description	Qty
a	Steel hexagon socket head screw M8xP1.25x25 Blue Nylok	4
b	Spring Washer M8	4
c	Flat Washer Ø8x Ø16x2.0t	4
d	Inner steel hexagon socket head screw M8XP1.25X20 Blue Nylok	4
e	Spring Washer M8	4
f	Umbrella-head cross screw Blue Nylok M4xP0.7x10	4
g	Spring Washer M4	4
h	Round-head cross screw M5x15	3
i	Allen Wrench 6mmx40x120 <120 crossing for longer part>	1
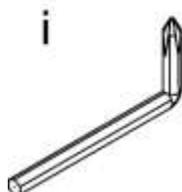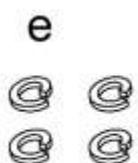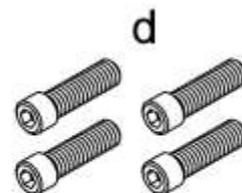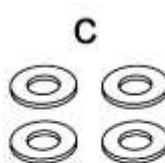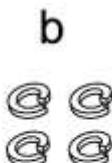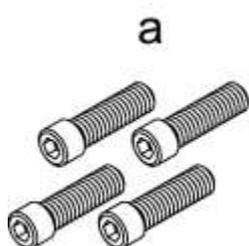
Assembly Procedures

STEP 1. Attaching the Seat to the Main Frame of the bike

1. After must first loads POPIN(H), then seat cushion (D) depends on the arrow direction insertion frame group (C) localization then.
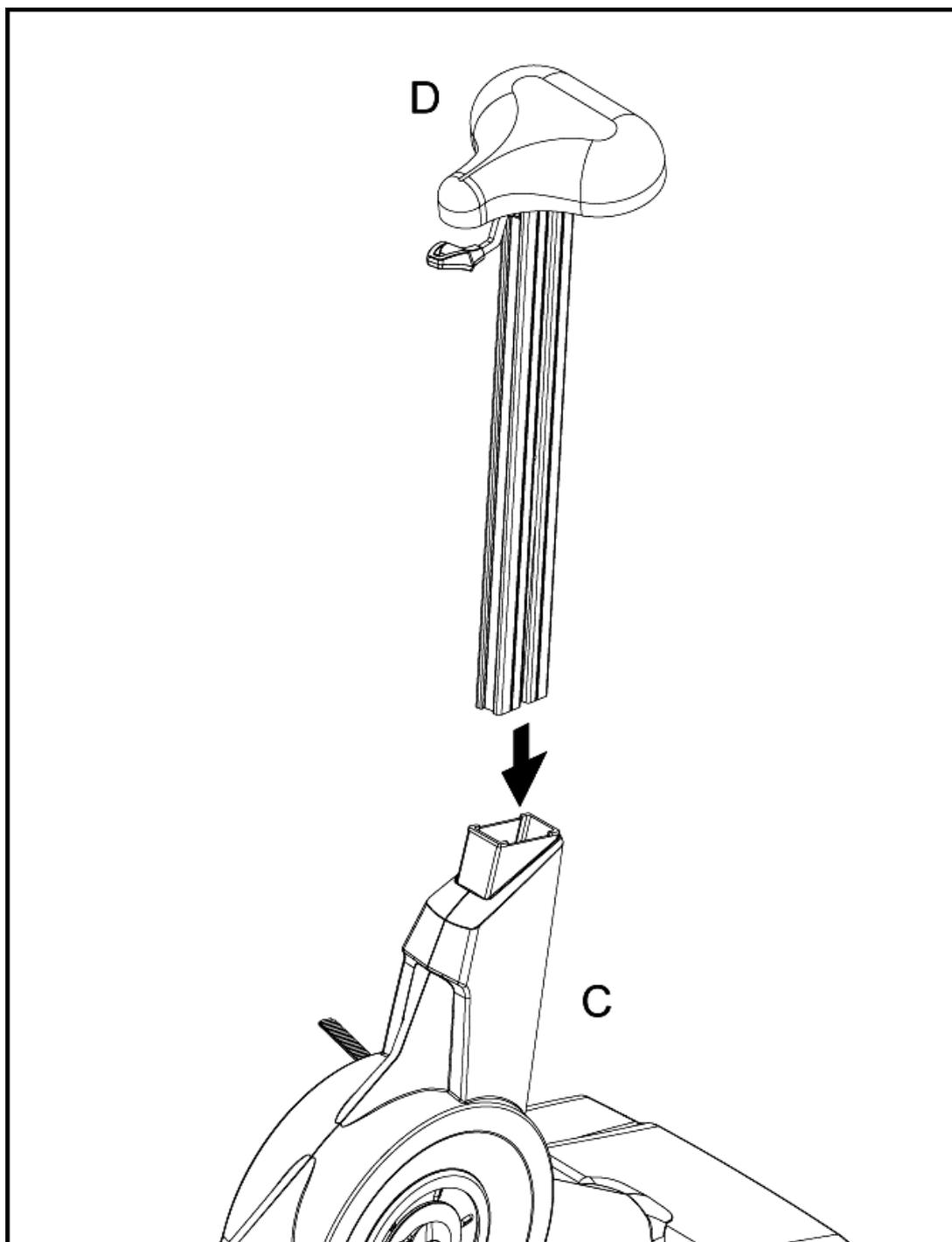
STEP 2. Attaching the Upper Control Frame to the Main Frame

1. The first pilot wire passes through the frame on the control tube, then on the control pedestal (B) assembly in frame group (C), bears again afterward the blue color falls receives in the steamed bread hexagonal screw (a) and spring washer (b) puts down China to take charge of (c), like chart insertion locking localization then.
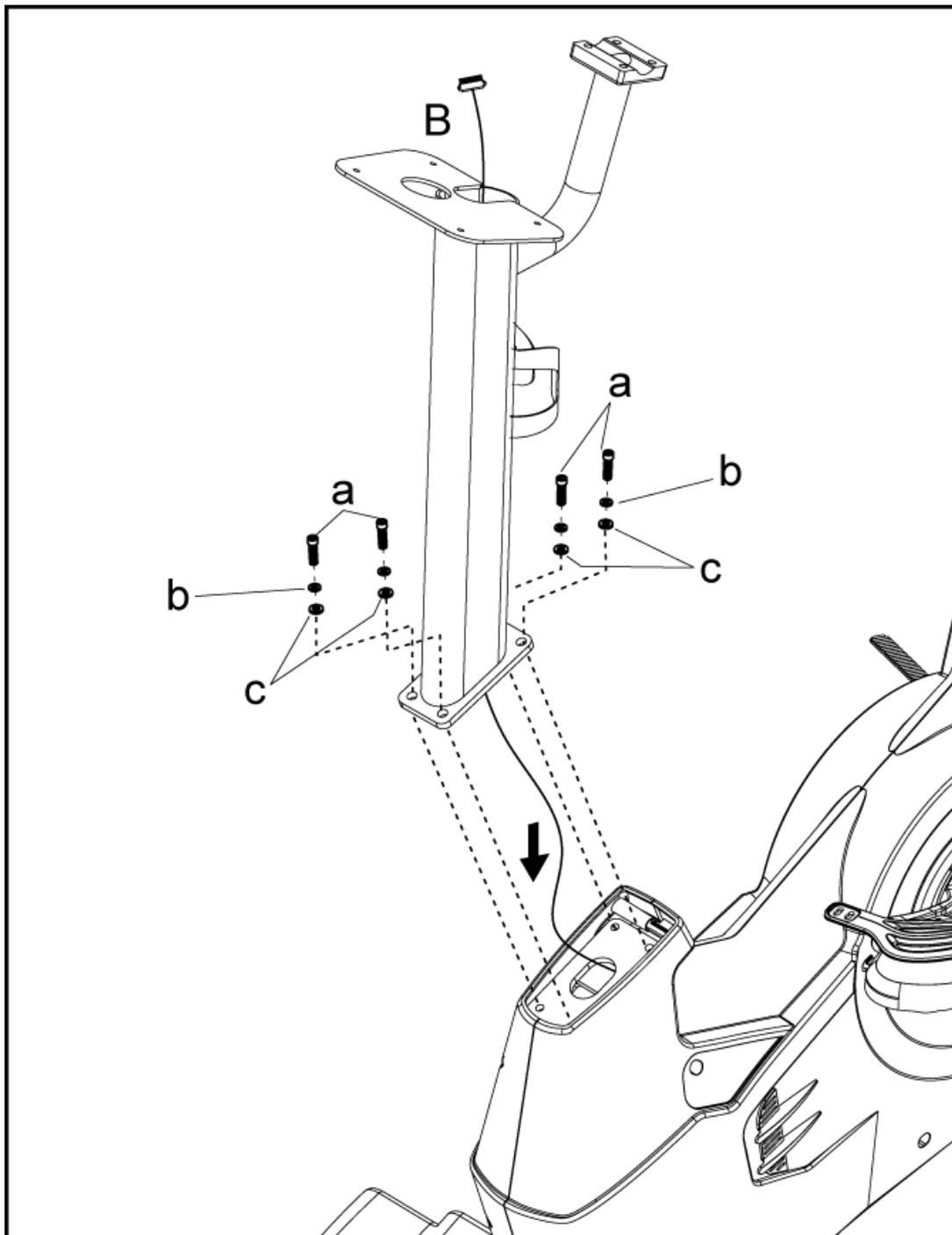
STEP 3. Attaching the Handlebars

1. Thread the 3 wires in the Handles (E) through the exit of the bend pipe on the Control Frame. Then fix the handlebars by tightening with the CKS Hex Screws (d) and Spring Washers (e) according to the drawing below.

Caution:

◆ When assembling the handles and upper control frame, kneeling down may be needed. Please take care when standing back up to avoid hitting your head or causing other injury.
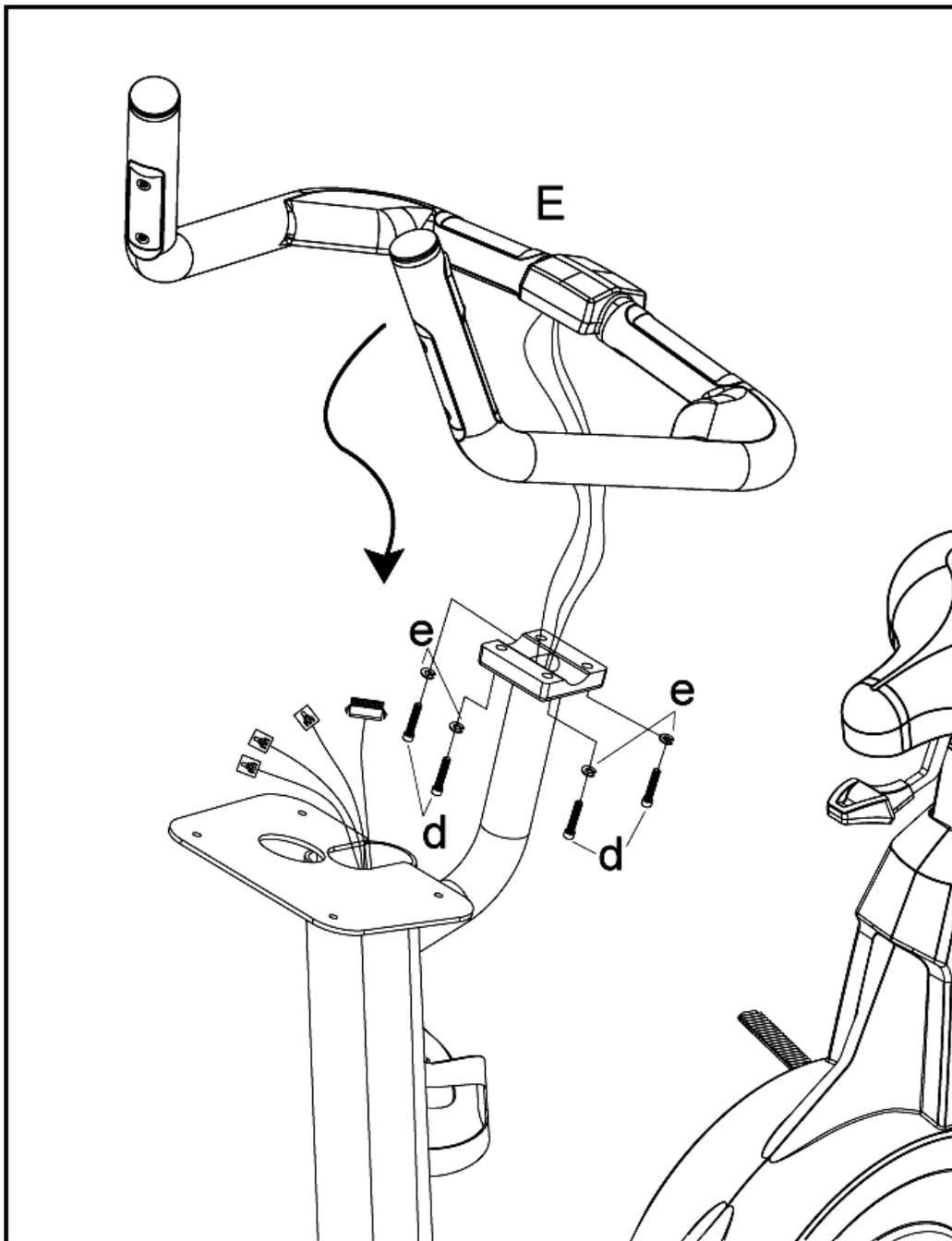
STEP 4. Wire connection of control pipe system

1. Pull out the wires in the tube of the Upper Control Frame (B) according to the drawing below.
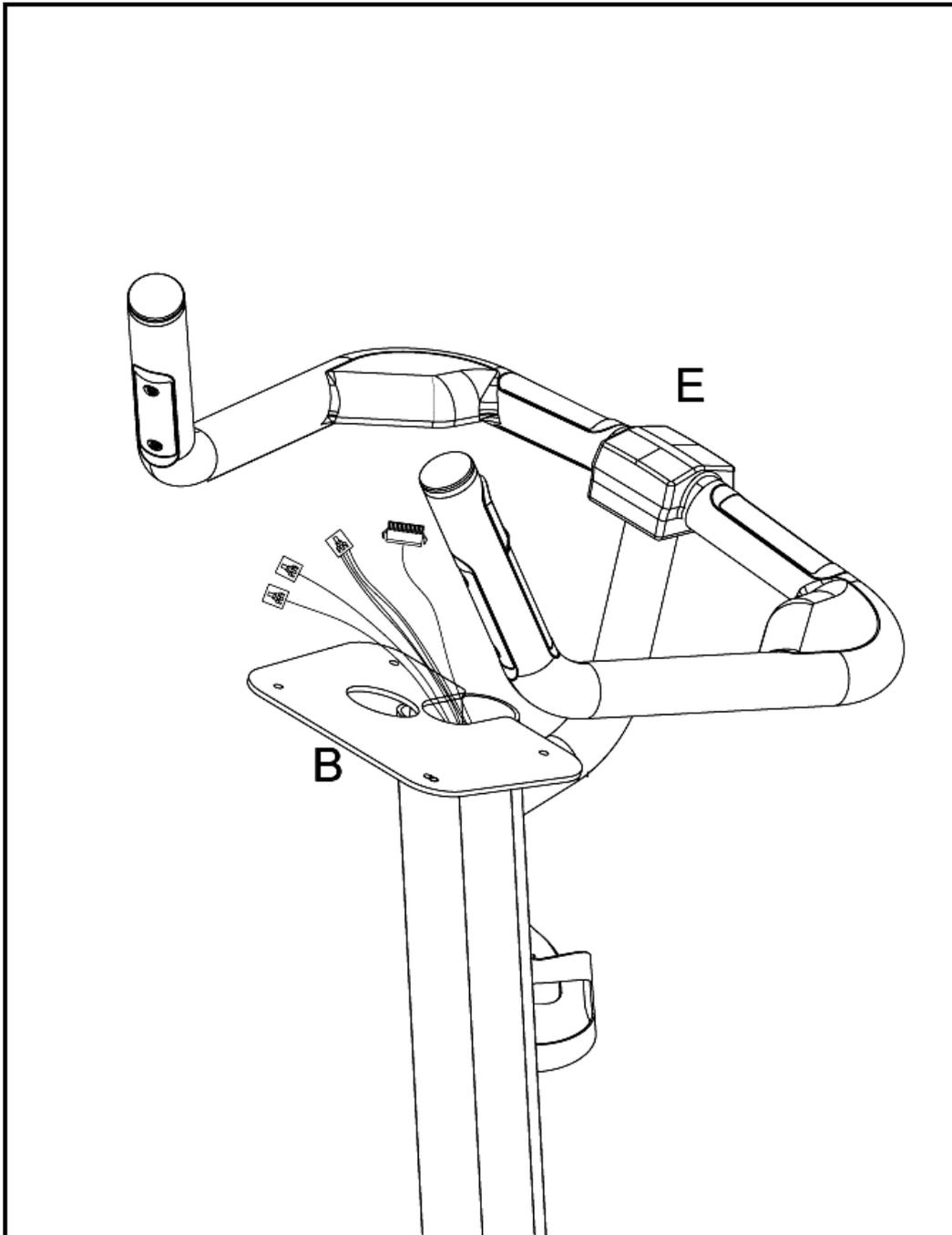
STEP 5.　Attaching the Computer

1. Connect the Computer (A) with the wires from the Upper Control Frame (B). Fix using Blue Nylok Screws (f) and M4 Spring Washers (g). Make sure the screws have been tightened well to avoid any loosening or possible damage to the computer, finally enters again magazine shelf (H) according to the graphical representation direction card then.

Caution:

◆When assembling the Computer, kneeling down may be needed. Please take care when standing back up to avoid hitting your head or causing other injury.

◆Make sure the bike is not plugged in when attaching the Computer to avoid a possible electric shock.

◆When attaching the wires make sure they are connected securely and not wound around each other or tangled in any way. This will avoid possible short circuiting.

◆No less than 2 persons are needed for assembly. One should hold the Computer in place while the other connects the wires and tightens the screws.
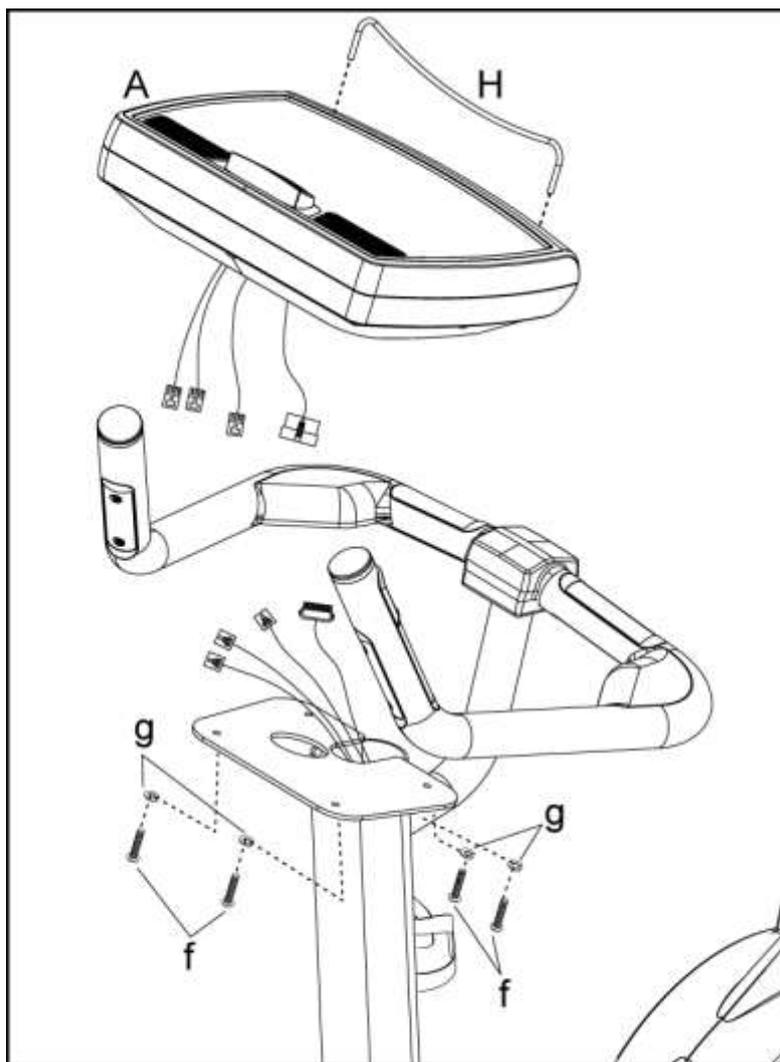
STEP 6. Attaching the Decoration Covers to the Bike Frame

1. Finally, fasten the left and right decoration covers (G and F) with Round Head Philips Screws (h) according to the drawing below.
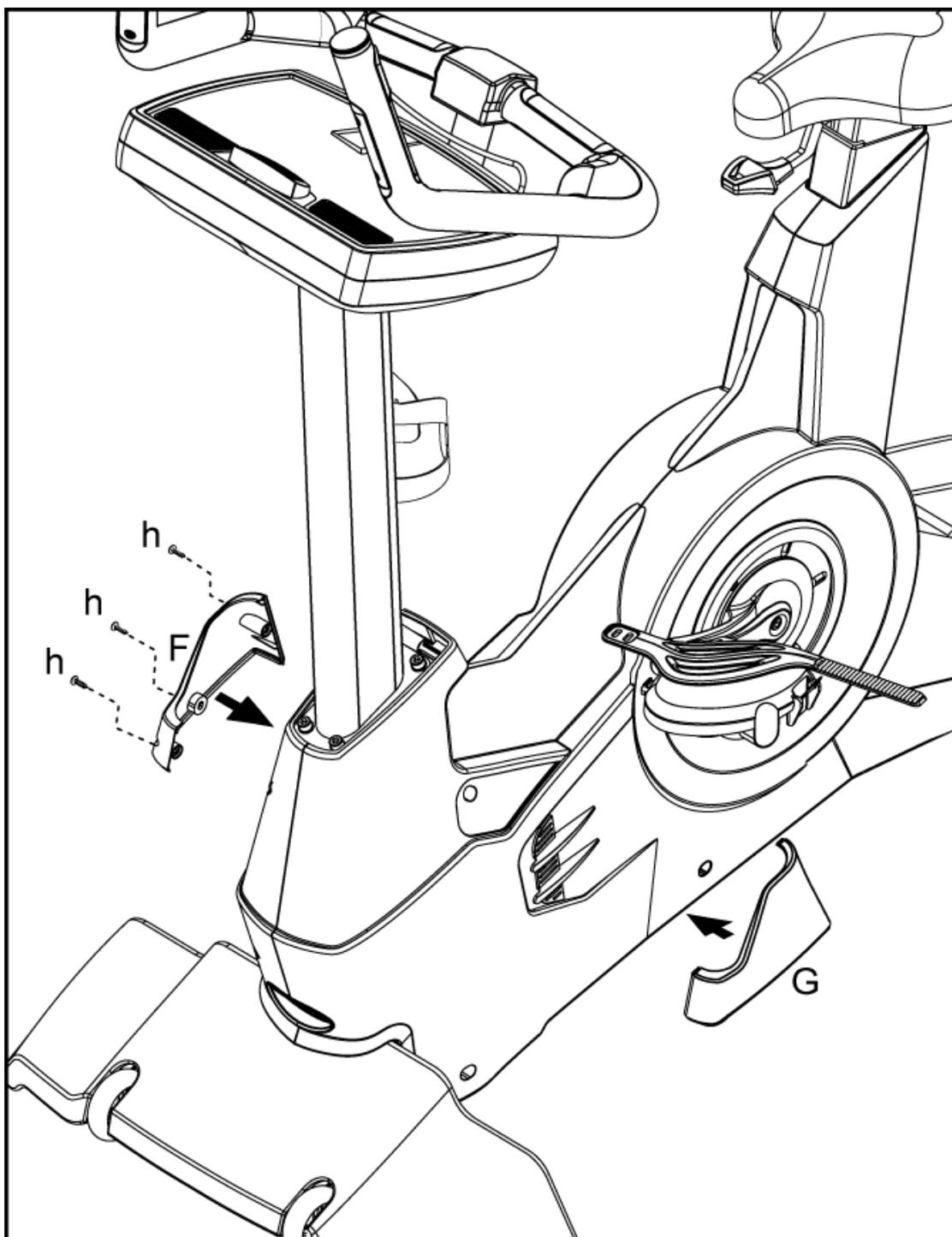
Operation Instruction

I. Console Specifications

This LED console can indicate LEVEL, RPM, DISTANCE, WATT, SPEED (KMH/MLH), TIME, CALORIES, HEART RATE and heart rate bar. Program profile will be shown on Dot Matrix.

1. All the buttons are of touch ones and have passed ESD 15KV(contact/air) testing.
2. There are 7 languages for selection, such as English, Spanish, French, Italian, German, Dutch and Portuguese.
3. There are 20 levels of resistance. The maximum WATT value is 400W under 60RPM.
4. Fan
    4.1. The fan is preliminarily set in "OFF" mode. Press ON/OFF Key to turn on the fan and keep it running in a low speed. When pressing Low Key or High Key, the fan will run in a low or high speed. Press ON/OFF to cut off the power supply to stop the fan. When in PAUSE Mode, it is under pause status and the resistance will be automatically adjusted to the minimum and the fan will stop. If there is no further action within 20 seconds, it will be of Sleep Mode and all the information will be disappeared. The fan can be reset or changed to the low or fast level under Pause mode by pressing different keys.
    4.2. When in PAUSE mode, step on the footplate to make RPM large than 40, then the program can be reset and continue working.

II. Window display of power on and startup

When power on, software version will be shown on segment text, after 1 second, elliptical enters the Start/Ready status.

1. Start/Ready Mode
    1-1. After the software version is displayed, the Dot Matrix will display 『---』,then SELECT PROGRAM OR QUICK START』 will be shown on scrolling text. The text will be different when different languages are set.
2. Sleep Mode：
    2-1. Under Start/Ready status: if no RPM is detected after 30 seconds, there are 21 LED will be lit on Dot Matrix. If you do not pedal, the LED will be off one after one, until all LED is off, the console enters Sleep mode.
    2-2. During the exercise, if there no RPM for 20 seconds, the elliptical will enter Sleep mode, all LED will be off automatically.
    2-3. When there is more than 25 RPM or user press any key on console, the console will be lit and return to Start/Ready status.

III. Key Functions

1. **QUICK START**：When you press QUICK START key, the Electronic Watch will run in MANNUL MODE and accumulate each functional value in positive number.

2. **STOP**：When the electronic watch is running, press STOP key to pause the calculating functions of the program. Pressing STOP KEY for two times can stop the working of program.

3. **LEVEL ▲** ：This key is used to choose the PEOFILE function and when the product is working, it is used to increase the resistance.

4. **LEVEL ▼** ：This key is used to choose the PEOFILE function and when the product is working, it is used to decrease the resistance.

5. **FAN ON/OFF**：The power switch of the fan Press FAN ON/OFF once and the fan will start working at a low speed. When it is pressed again, the fan will stop working.

6. **LOW**：Press LOW and the fan will work at a low speed.

7. **HIGHT**：Press HIGHT and the fan will work at a high speed.

8. **LOCK :** press this key to freeze up scrolling text when exercise.

9. **ENTER**：Press this key to set data and make it as confirming revised settings or revising confirmed value.

10. **CLEAR**：Clear the previous parameters.

11. **0~9 NUMBER KEYS**：There are 10 keys in all. The parameter of program can be input, such as age, weight, exercising time and so on. And during the performance of program, adjust the level of resistance by number keys.

12. **PROGRAM KEYS**：There are 6 KEYs in all, including P1、P2、TEST、WATT、HRC and GOAL mode.

VI. Program Control Function

1. Normal Mode

1-1. When you select Manual mode, the Dot Matrix will display 『---』and scrolling text shows 『SELECT PROGRAM OR QUICK START』. Press Quick Start key and all values will start counting. Preliminarily set the resistance as Level 1, and change lines for one time every one minute. When the PRM is lower, Dot Matrix will show 『RPM↑』,and console will enter PAUSE mode if RPM keeps lower for 5 seconds.

1-2. During program, the scrolling text will display:

1-2-1 Metric system 『KMH』：It will display 『LEVEL』、『RPM』、『DIST』 and 『WAT』 for 1 second first, then will display the values for 10 seconds. After that it will display 『LEVEL』、『KMH』、『TIME』 and 『CAL』 for 1 second and then display the values for 10 seconds.

1-2-2 Imperial system 『MLH』：It will display 『LEVEL』、『RPM』、『DIST』 and 『WAT』 for 1 second first, then it will display the values for 10 seconds. After that it will display 『LEVEL』、『MLH』、『TIME』 and 『CAL』for 1

second and then display the values for 10 seconds.

1-3. When selected program is finished, the scrolling text will display:

1-3-1 Metric system 『KMH』:

The scrolling text shows『EXERCISE TIME =』, then『HHMMSS=   0.00.00』

The scrolling text shows『DISTANCE COVERED =』, then『KM=   0.0』

The scrolling text shows『AVERAGE SPEED =』, then『KMH=   0.0』

The scrolling text shows『CALORIES BURNT =』, then 『KCAL=   0.0』

The scrolling text shows 『AVERAGE WATTS =』, then 『WATTS=   0.0』

The scrolling text shows 『AVERAGE METS =』, then『METS=   0.0』

1-3-2. Imperial system 『MLH』:

The scrolling text shows『EXERCISE TIME =』, then『HHMMSS=   0.00.00』

The scrolling text shows『DISTANCE COVERED =』, then『ML=   0.0』

The scrolling text shows 『AVERAGE SPEED =』, then『MLH=   0.0』

The scrolling text shows 『CALORIES BURNT =』, then『KCAL=   0.0』

The scrolling text shows 『AVERAGE WATTS =』, then『WATTS=   0.0』

The scrolling text shows『AVERAGE METS =』, then『METS=   0.0』

2. P1 Mode: PROGRAMS mode

2-1. Under Start/Ready status, press P 1 and the Dot matrix will display 『PROGRAM 1』, the scrolling text window will display 『PRESS THE ARROWS TO SELECT PROGRAM』 and 『PRESS ENTER TO BEGIN PROFILE.』

2-2. You can press LEVEL▲ or LEVEL▼ to choose PROGRAM 1、PROGRAM 2 and PROGRAM 3. After you choose the PROGRAM you want, press ENTER to continue the weight settings.

2-3. Weight setting: scrolling text will display 『ENTER WEIGHT <30-199>KG』 (or display the string 『ENTER WEIGHT <70- 440>LBS』)。 You can set the value of your weight by 0~9 number keys, the Dot Matrix will flash the preset value 30. Meanwhile the input values will flash. You change the value by the number keys (Range: 30 ~ 199). After setting, press ENTER and the value will be stored.

2-4. Setting time: Dot Matrix will flash the preset time of 10 min, the scrolling text will display 『ENTER TIME <10-60>MINUTES』 (Range:10~60). You can select the exercise time by the number keys 0~9, then press Enter to confirm and start the program. Should change or revision value be necessary, you can press CLEAR.

2-5. When program is in progress, you can change the workout LEVEL by touching LEVEL▲、LEVEL▼. There are totally 20 LEVEL.

2-6. When PROGRAM stops or during the PROGRAM, press STOP key, Dot Matrix will automatically display the previous Profile. Scrolling text will show each exercise value for 2 seconds, and then return to Start and Ready status.

2-7. During Program, the Dot Matrix will display:

2-7-1. Metric system 『KMH』:

It will display 『LEVEL』、『RPM』、『DIST』and 『WAT』for 1 second first,

then it will display the values for 10 seconds. After that, it will display
『LEVEL』、『KMH』、『TIME』 and 『CAL』 for 1 second, then display the
values for 10 seconds.

2-7-2. Imperial system 『MLH』：
It will display 『LEVEL』、『RPM』、『DIST』 and 『WAT』 for 1 second first,
then it will display the values for 10 seconds. After that, it will display
『LEVEL』、『MLH』、『TIME』 and 『CAL』 for 1 second, then display the
values for 10 seconds.

2-8. When program is finished, the scrolling text will display:

2-8-1. .Metric system 『KMH』：
The scrolling text shows『EXERCISE TIME ＝』, then『HHMMSS＝　　0.00.00』
The scrolling text shows『DISTANCE COVERED ＝』, then『KM＝　　　0.0』
The scrolling text shows『AVERAGE SPEED ＝』, then『KMH＝　　　0.0』
The scrolling text shows『CALORIES BURNT ＝』, then 『KCAL＝　　0.0』
The scrolling text shows 『AVERAGE WATTS ＝』, then 『WATTS＝　　0.0』
The scrolling text shows 『AVERAGE METS ＝』, then『METS＝　　　0.0』

2-8-2. Imperial System 『MLH』：
The scrolling text shows『EXERCISE TIME ＝』, then『HHMMSS＝　　0.00.00』
The scrolling text shows『DISTANCE COVERED ＝』, then『ML＝　　　0.0』
The scrolling text shows 『AVERAGE SPEED ＝』, then『MLH＝　　　0.0』
The scrolling text shows 『CALORIES BURNT ＝』, then『KCAL＝　　0.0』
The scrolling text shows 『AVERAGE WATTS ＝』, then 『WATTS＝　　0.0』
The scrolling text shows 『AVERAGE METS ＝』, then『METS＝　　　0.0』

3. P2 Mode: INTERVALS mode

3-1. Under Start/Ready status, press P2 and the Dot Matrix will display 『INTERVAL 1.
Meanwhile the scrolling text will show 『PRESS THE ARROWS TO SELECT
PROGRAM』 and 『PRESS ENTER TO BEGIN PROFILE.』

3-2. You can press LEVEL▲ or LEVEL▼ to choose INTERVAL 1、INTERVAL 2 or
INTERVAL 3. After you choose the PROGRAM, press ENTER to continue the
weight settings.

3-3. Weight settings: scrolling text will show 『ENTER WEIGHT <30-199>KG (or
display『ENTER WEIGHT <70- 440>LBS 』). You can select the value of weight on
the number keys 0~9. The Dot Matrix will flash preset value 30. Meanwhile the
input values will flash also. You change the value by the number keys (Range: 30 ~
199). After setting, press ENTER and the value will be stored.

3-4. Setting of exercise time: Dot Matrix will flash the preset time of 10 min, the
scrolling text will display 『ENTER TIME <10-60>MINUTES 』 (Range: 10 ~ 60).
You can select time by the number keys 0~9, then press Enter to store the value and
start the program. Should change or revision be necessary, you can press CLEAR.

3-5. When the program is in progress, you can change the LEVEL by LEVEL▲ 、 LEVEL▼. There are 20 LEVEL.

3-7. When ROGRAM stops or during PROGRAM, press STOP Key, Dot Matrix will automatically display previous Profile. Scrolling text will show each exercise value for 2 seconds, and then return to Start and Ready status.

3-8. During Program, the scrolling text will display:

3-8-1. Metric system 『KMH』：

It will display 『LEVEL』、『RPM』、『DIST』and 『WAT』for 1second first, then it will display the values for 10 seconds. After that, it will display 『LEVEL』、『KMH』、『TIME』 and 『CAL』for 1 second, then the values for 10 seconds.

3-8-2. English system 『MLH』：

It will display 『LEVEL』、『RPM』、『DIST』and 『WAT』for 1 second first, then will display the values for 10 seconds. After that, it will display 『LEVEL』、『MLH』、『TIME』 and 『CAL』for 1 second, then the values for 10 seconds.

3-9. when the program is finished, the scrolling text will display

3-9-1. Metric system 『KMH』：

The scrolling text 『EXERCISE TIME =』, then 『HHMMSS=　　0.00.00』

The scrolling text 『DISTANCE COVERED =』, then 『KM=　　0.0』

The scrolling text 『AVERAGE SPEED =』, then 『KMH=　　0.0』

The scrolling text 『CALORIES BURNT =』, then 『KCAL=　　0.0』

The scrolling text 『AVERAGE WATTS =』, then 『WATTS=　　0.0』

The scrolling text 『AVERAGE METS =』, then 『METS=　　0.0』

3-9-2. Imperial system 『MLH』：

The scrolling text 『EXERCISE TIME =』, then 『HHMMSS=　　0.00.00』

The scrolling text 『DISTANCE COVERED =』, then 『ML=　　0.0』

The scrolling text 『AVERAGE SPEED =』, then 『MLH=　　0.0』

The scrolling text 『CALORIES BURNT =』, then 『KCAL=　　0.0』

The scrolling text 『AVERAGE WATTS =』, then 『WATTS=　　0.0』

The scrolling text 『AVERAGE METS =』, then 『METS=　　0.0』

4. TEST Mode：FITNESS TEST Mode

4-1. Under Start/Ready status, press TEST and the Dot Matrix will display 『Male TEST』or 『Girl TEST』, the scrolling text will display 『PRESS THE ARROWS TO SELECT GENDER』and 『PRESS ENTER TO BEGIN PROFILE』.

Setting of age: Press ENTER to set the age. The scrolling text will display 『ENTER AGE<10-99>』.When you set age by the number keys 0~9, the scrolling will display 『AGE= xxx』, meanwhile the value you set will be flashing. If the value you set is less than 10, the scrolling will display 『AGE= 10』 and this value will be flashing to

remind you to set the value again. If the value you set is more than 99, the scrolling text will display 『AGE= 99』 and this value will be flashing to remind you to set the value again. The range of age: 10~99. After you set the value of age, press ENTER to confirm and the Dot Matrix will display "OK" for 1 second, then the program will start. The time will be counted down for 10 minutes, the preset level will be Level 1. When the PRM is low, Dot Matrix will show『RPM↑』 and enter PAUSE mode after 5 seconds of low RPM

4-2. During the program, Dot Matrix will display the information below. The preset picture is Level 1, and you can't press Up or Down key to change. The performance will be in accordance with WATT control mode, while the only difference is to set BOYS of 150W and GIRLS of 100W.

4-3. TEST Mode Reference Chart: While Distance is 0; the value will be 0 too. If there is no heart rate signal, the heart rate reading will be 0.

TEST Mode Reference Chart

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
RESULT	**1**	**2**	**3**	**4**	**5**

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
RESULT	**1**	**2**	**3**	**4**	**5**

4-4. During Program, the scrolling text will display:

  4-4-1. Metric system 『KMH』:

      It will display 『LEVEL』、『RPM』、『DIST』 and 『WAT』 for 1 seconds first, then it will display the values for 10 seconds. After that, it will display 『LEVEL』、『KMH』、『TIME』 and 『CAL』 for 1 second, then the values

for 10 seconds.

4-4-2. Imperial system 『MLH』：

It will display 『LEVEL』、『RPM』、『DIST』and 『WAT』for 1 second first, then it will display the values for 10 seconds. After that, it will display 『LEVEL』、『MLH』、『TIME』and 『CAL』 for 1 second, then the values for 10 seconds.

4-5. When the program is finished, the scrolling text will display

4-5-1. Metric system 『KMH』：

The scrolling text 『EXERCISE TIME =』, then 『HHMMSS=　　0.00.00』

The scrolling text 　『DISTANCE COVERED =』, then 『KM=　　　0.0』

The scrolling text 『AVERAGE SPEED =』, then 『KMH=　　　0.0』

The scrolling text 『CALORIES BURNT =』, then 　『KCAL=　　　0.0』

The scrolling text 『AVERAGE WATTS =』, then 『WATTS=　　0.0』

The scrolling text 『AVERAGE METS =』, then 『METS=　　　0.0』

4-5-2. Imperial system 『MLH』：

The scrolling text 『EXERCISE TIME =』, then 『HHMMSS=　　0.00.00』

The scrolling text 『DISTANCE COVERED =』, then 『ML=　　　0.0』

The scrolling text 　『AVERAGE SPEED =』, then 『MLH=　　　0.0』

The scrolling text 『CALORIES BURNT =』, then 『KCAL=　　　0.0』

The scrolling text 『AVERAGE WATTS =』, then 『WATTS=　　0.0』

The scrolling text AVERAGE METS =』, then 『METS=　　　0.0』

5. HRC Mode：HRC Mode

5-1. Under Start/Ready status, press HRC and the Dot Matrix will display heart picture, and the scrolling text will display 『PRESS ENTER TO BEGIN PROFILE.』.

5-2. Press ENTER and the Dot Matrix will flash "60%", the scrolling text will display 『PRESS LEVEL UP/DOWN TO SELECT PROFILE.』. After that, you can press LEVEL ▲ or LEVEL ▼ to choose the other PROFILE of HRC. There are totally 6 heart rate control modes including 60%, 65%, 70%, 75%, 80% and 85%.

5-3. The operation procedure instructions for 6 heart beat control modes as 60%, 65%, 70%, 75%, 80% and 85%：

When you set the value of heart rate, the Dot Matrix will be flash to display the value. Then you can press ENTER to set age.

5-4. Procedures for setting age:

At this time the Dot Matrix will flash the preset value "30", the scrolling text will display 『ENTER AGE<10-99>』. You can set the value of your age by the number keys 0~9. When the value you set is less than 10, the Dot Matrix will display value of age 10. When the value you insert is more than 99, the Dot Matrix window will display the age as 99 blinking. The range of age is 10~99. After you set the value of age, press ENTER

Calculation formula of heart beat setting value= (220-AGE)*heart rate control

5-5. Setting of exercise time:

At this time the Dot Matrix will be flash to display preset value "10", the scrolling text will display 『ENTER TIME <10-60>MINUTES 』. You can set the exercise time by the number keys 0~9. When the value you insert is less than 10, the Dot Matrix will display the age as 10. When the value you insert is more than 60, the Dot Matrix will display the age as 66. The range of exercise time is 10~60 minutes. After setting the exercise time, press ENTER and the Dot Matrix will flash to display "target heart rate" for 2 seconds. Then the program will start.

5-6. When the program is finished or during the program, press STOP key and the Dot Matrix will automatically display the previous Profile. The scrolling text will display each exercise value for 2 seconds. After two times of displaying, the program will return to Start/Ready status.

5-7. During Program, the scrolling text will display:

5-7-1. Metric system 『KMH 』:It will display 『LEVEL 』、『RPM 』、『DIST 』 and 『WAT 』 for 1 seconds first, then it will display the values for 10 seconds. After that, it will display 『LEVEL 』、『KMH 』、『TIME 』 and 『CAL 』 for 1 second, then the values for 10 seconds.

5-7-2. Imperial system 『MLH 』:It will display 『LEVEL 』、『RPM 』、『DIST 』 and 『WAT 』 for 1 second first, then it will display the values for 10 seconds. After that, it will display 『LEVEL 』、『MLH 』、『TIME 』 and 『CAL 』 for 1 second, then the values for 10 seconds.

5-8. When the program is finished, the scrolling text will display：

5-8-1. Metric system 『KMH 』：

The scrolling text 『EXERCISE TIME = 』 , then 『HHMMSS=   0.00.00 』

The scrolling text 『DISTANCE COVERED = 』 , then 『KM=   0.0 』

The scrolling text 『AVERAGE SPEED = 』 , then 『KMH=   0.0 』

The scrolling text 『CALORIES BURNT = 』 , then 『KCAL=   0.0 』

The scrolling text 『AVERAGE WATTS = 』 , then 『WATTS= 0.0 』

The scrolling text 『AVERAGE METS = 』 , then 『METS=   0.0 』

5-8-2. Imperial system 『MLH 』：

The scrolling text 『EXERCISE TIME = 』 , then 『HHMMSS=   0.00.00 』

The scrolling text 『DISTANCE COVERED = 』 , then 『ML=   0.0 』

The scrolling text 『AVERAGE SPEED = 』 , then 『MLH=   0.0 』

The scrolling text 『CALORIES BURNT = 』 , then 『KCAL=   0.0 』

The scrolling text 『AVERAGE WATTS = 』 , then 『WATTS=   0.0 』

The scrolling text 『AVERAGE METS = 』 , then 『METS=   0.0 』

5-9. Introduction of HR CONTROL mode: pre-set the heart rate control mode as 50W. When t signal of the heat rate is detected, console will judge the heat rate value once every 10 seconds.

5-9-1. During the exercise, the program will compare the actual value of heart rate with the target value of heart rate. The following is the way to judge the value of heart rate:

When the actual heart rate value ≦ set heart rate value 15, WATT will automatically increase 20 with maximum as 400 WATT.

When the actual heart rate value ≦ set heart rate value 5, WATT will automatically increase 10 with maximum as 400 WATT.

When the actual heart rate value ≧ set heart rate value 5, WATT will automatically decrease 10 with minimum as 50 WATT.

When the actual heart rate value ≧ set heart rate value 15, WATT will automatically decrease 20 with minimum as 50 WATT.

When the actual heart rate value ≧ set heart rate value 30, WATT will automatically decrease to 50WATT. While the actual heart rate value ≦ set heart rate value 5, the program will continue performing.

5-9-2. During exercise, if heart rate signal is not detected, the figure will display "NO PULSE". The console will enter the PAUSE mode if no signal is detected after 60 seconds.

5-9-3. When PRM is less than 40, Dot Matrix will display 『RPM↑』 and the console will enter PAUSE mode after 5 seconds.

5-9-4. HR CONTROL mode can be operated only with wireless heart rate.

5-9-5. During the program, Dot Matrix will show the following: the pre-set is Level 1. Up and Down keys cannot be used.

6. WATT Mode：WATT CONTROL Mode

6-1. Under Start/Ready status, press WATT and the Dot Matrix will display 『WATT』, the scrolling text will display PRESS ENTER TO BEGIN PROFILE.』 from right to left.

6-2. Press ENTER key to change Target WATT, the scrolling text will display 『ENTER WATT <25-400>』 . You can set the value of Target WATT by the number keys 0~9 and the scrolling text will display 『WATTS= xxx』, the input value will be blinking. When you press 0-9 to set values, you should set 2 or 3 digits (range: from 25 to 400).. After setting, press ENTER to confirm.

6-3. You can press ENTER to set time, the scrolling text will display 『ENTER TIME <10 - 60 > MINUTOS』 (Range:10 ~ 60). The Dot Matrix will display the preset value 『10』 and it will be blinking. When you press 0-9 to set values, you should set 2 digits (range: from 10 to 60). After setting values, press ENTER to confirm and start the program.

6-4. After time setting, you can press Enter key to start counting all values. The pre-set resistance is Level 1, and it will change text every one minute. When PRM is less

than 40, Dot Matrix will show 『RPM↑』 and will enter PAUSE mode after 15 seconds of no-pedaling.

6-5.   When the program is finished or during the program, press STOP key and Dot Matrix will automatically display the previous Profile e. The scrolling text will display each exercise value for 2 seconds. After two times of displaying, the console will return to Start/Ready status.

6-6.   During Program, the scrolling text will display:

6-6-1.   Metric system 『KMH』:It will display 『LEVEL』, 『RPM』, 『DIST』 and 『WAT』 for 1 seconds first, then it will display the values for 10 seconds. After that, it will display 『LEVEL』, 『KMH』, 『TIME』 and 『CAL』 for 1 second, then the values for 10 seconds.

6-6-2.   Imperial system 『MLH』:It will display 『LEVEL』, 『RPM』, 『DIST』 and 『WAT for 1 second first, then it will display the values for 10 seconds. After that, it will display 『LEVEL』, 『MLH』, 『TIME』 and 『CAL』 for 1 second, then the values for 10 seconds.

6-7.   When the program is over, the scrolling text will display：

6-7-1.   Metric system 『KMH』：

The scrolling text 『EXERCISE TIME =』, then 『HHMMSS=   0.00.00』
The scrolling text 『DISTANCE COVERED =』, then 『KM=   0.0』
The scrolling text 『AVERAGE SPEED =』, then 『KMH=   0.0』
The scrolling text 『CALORIES BURNT =』, then 『KCAL=   0.0』
The scrolling text 『AVERAGE WATTS =』, then 『WATTS=   0.0』
The scrolling text 『AVERAGE METS =』, then 『METS=   0.0』

6-7-2   Imperial system 『MLH』：

The scrolling text 『EXERCISE TIME =』, then 『HHMMSS=   0.00.00』
The scrolling text 『DISTANCE COVERED =』, then 『ML=   0.0』
The scrolling text 『AVERAGE SPEED =』, then 『MLH=   0.0』
The scrolling text 『CALORIES BURNT =』, then 『KCAL=   0.0』
The scrolling text 『AVERAGE WATTS =』, then 『WATTS=   0.0』
The scrolling text AVERAGE METS =』, then 『METS=   0.0』

6-8.   Introduction of WATT control mode:

6-8.1.   During exercise, when WATT value is less than 25W, Dot Matrix will display 『RPM↑』.

6-8.2.   During exercise, when WATT value is more than 400W, Dot Matrix will display 『RPM↓』.

6-8.3.   During exercise, when LEVEL has reached 20 and WATT cannot achieve the target value, Dot Matrix will display 『RPM↑』.

6-8.4.   After starting program, the console will judge the value of WATT once every 10 seconds.
During the exercise, the program will compare the actual value of WATT

with the target value of WATT. The following is the way to judge the value
of WATT:

If target WATT value: 『actual WATT ≦ target WATT 75』, during exercise, he
LEVEL will automatically increase by 3 with maximum LEVEL 20.

If target WATT value: 『actual WATT ≦ target WATT 50』, the LEVEL during exercise
will automatically increase by 2 with maximum LEVEL 20.

If target WATT value: 『actual WATT ≦ target WATT 15』, the LEVEL during exercise
will automatically increase by 1 with maximum LEVEL 20.

If target WATT value: 『actual WATT ≧ target WATT 15』, the LEVEL during exercise
will automatically decrease by 1 with minimum LEVEL 1.

If target WATT value: 『actual WATT ≧ target WATT 50』, the LEVEL during exercise
will automatically decrease by 2 with minimum LEVEL 1.

If target WATT value: 『actual WATT ≧ target WATT 75』, the LEVEL during
exercise will automatically decrease by 3 with minimum LEVEL 1.

7. GOAL Mode：Counting Down Mode

7-1. Under Start/Ready status, press GOAL to enter MANUAL mode. The scrolling text
will display 『1.TIME　2.DISTANCE　3.CALORICES.

7-2. Use number keys (1~3 key) to set the value of age, press ENTER to confirm

7-3. Procedure of age-setting: At this time the Dot Matrix will be blinking and display the
preset value "30", the scrolling text will display『ENTER AGE<10-99>』. You can insert
the value of your age by the number keys 0~9. When the value you insert is less than 10,
the Dot Matrix will be blinking to display the age 10. When the value you insert is more
than 99, the Dot Matrix will be blinking to display the value of age 99. The range of age
is 10~99. After setting the value of age, press ENTER to store it and continue to set the
value of weight.

7-4. Setting of weight: The scrolling text will display 『ENTER WEIGHT <30-199>KG』 (or
display 『ENTER WEIGHT <70- 440>LBS』). You can set the value of weight by the
number keys 0~9. The Dot matrix will be blinking and display the preset value 30,
meanwhile the value you insert will be blinking. You need to set 2~3 numbers while
making changes by the number keys (Range:30 ~ 199). After setting values, press
ENTER to store the values and continue setting.

7-5. There is three different GOALs.

7-5-1. Time Goal: The Dot Matrix will display the preset value of time,10 min. The
scrolling text will display 『ENTER TIME <10-60>MINUTES』 (Range:10 ~
60). You can insert the exercise time by the number keys 0~9. After setting,
press ENTER to start the program.

7-5-2. Distance Goal: The Dot Matrix will display the preset value of distance,10
KMH. The scrolling text will display 『ENTER DISTANCE <1.0-99.9>KM』.
You can set the exercise distance by the number keys 0~9. After that, you can

press Enter to start the program. The range of the exercise distance is 1.0~99.9KMH.

    7-5-3. Calories Goal: The Dot Matrix will display the preset value of calories. The scrolling text will display 『ENTER CALORIES <1-999>KCAL』. You can set the exercise calories by the number keys 0~9. After that, press Enter to start the program. The range of calories is 1~999Kcal.

7-6. During the Program performance, you can press LEVEL▲ or LEVEL▼ to change the WORKOUT LEVEL. There are 20 levels (L1~L20).

7-7. When the program is finished or during the program, press STOP key and the Dot Matrix will automatically display the previous Profile. The scrolling text will display the each exercise value for 2 seconds. After two times of displaying, the program will return to Start/Ready status.

7-8. During Program performance, the scrolling text will display:

    7-8-1. Metric system 『KMH』:

It will display 『LEVEL』、『RPM』、『DIST』 and 『WAT』 for 1 seconds first, then it will display the values for 10 seconds. After that, it will display 『LEVEL』、『KMH』、『TIME』 and 『CAL』 for 1 second, then the values for 10 seconds.

    7-8-2. Imperial system 『MLH』:

It will display 『LEVEL』、『RPM』、『DIST』and『WAT for 1 second first, then it will display the values for 10 seconds. After that, it will display 『LEVEL』、『MLH』、『TIME』 and 『CAL』 for 1 second, then the values for 10 seconds.

7-9. When the program is over, the scrolling text will display：

    7-9-1. Metric system 『KMH』:

The scrolling text 『EXERCISE TIME =』, then 『HHMMSS=   0.00.00』

The scrolling text 『DISTANCE COVERED =』, then 『KM=   0.0』

The scrolling text 『AVERAGE SPEED =』, then 『KMH=   0.0』

The scrolling text 『CALORIES BURNT =』, then 『KCAL=   0.0』

The scrolling text 『AVERAGE WATTS =』, then 『WATTS=   0.0』

The scrolling text 『AVERAGE METS =』, then 『METS=   0.0』

    7-9-2. Imperial system 『MLH』:

The scrolling text 『EXERCISE TIME =』, then 『HHMMSS=   0.00.00』

The scrolling text 『DISTANCE COVERED =』, then 『ML=   0.0』

The scrolling text 『AVERAGE SPEED =』, then 『MLH=   0.0』

The scrolling text 『CALORIES BURNT =』, then 『KCAL=   0.0』

The scrolling text 『AVERAGE WATTS =』, then 『WATTS=   0.0』

The scrolling text 『AVERAGE METS =』, then 『METS=   0.0』

V. Engineering Setting

1. Under Start/Ready status, hold "CLEAR" and "0" for 3 seconds and the LED will display 『FACTORY SETTINGS』. Then you can press ENTER key to enter the NITS selection. (It cannot be revised now). Then you can press LEVEL Up/Down to select the item to be detected, or Stop key to abort the changing and return to the Start/Ready status.

   1-1. Machine type: The text will display 『MACHINE TYPE = B』. The showing code is as: B is Bike, R is Recumbent and E is Elliptical.

   1-2. Edition Date: The text will display 『VER = 0.1 / 2008.09.15』. 0.1 is the edition number and the latter is of year, month and date.

   1-3. Gear ratio: The text will display 『GEAR RATIO= 8.3』. The displayed 8.3 is the ratio between stepping speed and motor rotate.

   1-4. Multi-language: The text will display 『LANGUAGE = ENGLISH』. There are totally 7 languages: SPANISH→DUTCH→PORTUG→ITALIAN→FRENCH→DEUTSCH→ ENGLISH→SPANISH.

   1-5. Sleep Mode: Computer LED window displays 『POWER = OFF』. When you set Power=ON, then the product will not enter "off" status and the computer will keep staying in Start/Ready status. When you set Power=OFF, then if there is no RPM signal for 20 seconds probed by the computer, and the product will turn off automatically.

   1-6. Units Setting: The text will display 『UNITS= METRIC』. They are divided into: METRIC and IMPERIAL.

   1-7. Exercise Time: The text will display 『WORKOUT TIME= 10』. Range:0~60mins. When you set it as 0, there will be no limit.

   1-8. Pause Time: The computer LED window displays 『PAUSE TIME= 20』. The range is 0~20 seconds. When you set at 0, then it means there is no time limit. This function is to set the time from the moment the computer receives no signal to sleep mode under any program control mode

2. Service Mode: Under engineering setting, press " 1" and you will enter 【SERVICE MODE】.Then press "ENTER" to start testing each item. After testing one item, press "ENTER" to test another item. After testing all the items, the machine will return to the Start/Ready status. While testing, you can also press "STOP" to return to the Start/Ready status.

   2-1. Initial picture of the service mode: The text will display 『PRESS ENTER』. You can press "ENTER" to enter the service mode.

   2-2. To test the signal of PRM: The LED of computer will display 『TESTING RPM 0』. To test the value of RPM to be detected by machine itself.

   2-3. To test the signal of LEVEL: The LED of computer will display 『TESTING LEVEL 0』. You can press LEVEL▲ or LEVEL▼ to choose the level from 0 to 20. When the level is set at 0, the resistance will be of mechanical wearing.

   2-4. To test the signal of KEY: The LED of computer will display 『TESTING KEY 1A』. Test whether the signal of each key is normal or not.

2-5. To test the signal of HRC: The LED of computer will display 『TESTING HR ***』. Test whether the signal of the chest band is normal or not.

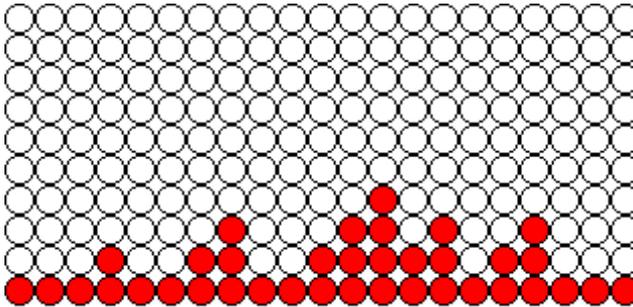2-6. To test the LED lights in all windows: At this time, the image is displayed like going around the playground.
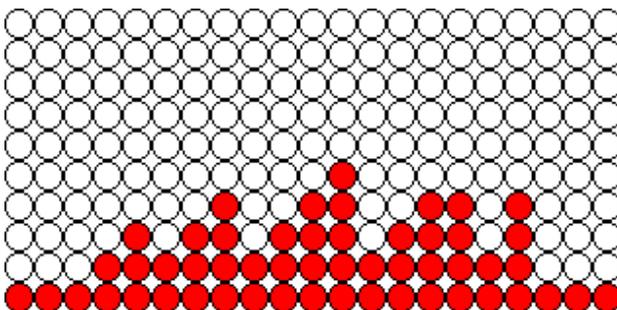
VI. PROFILE Pictures:

1. P 1 Picture:
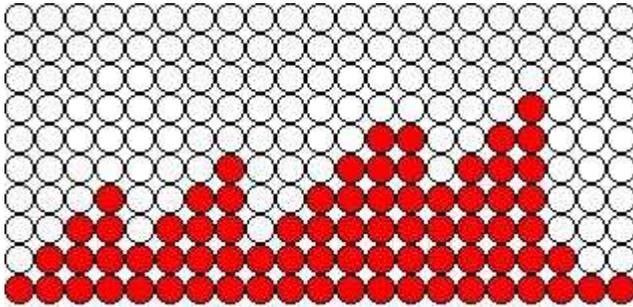
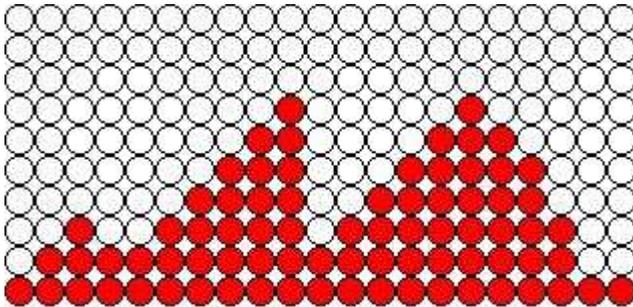PROGRAM 1 PROFILE
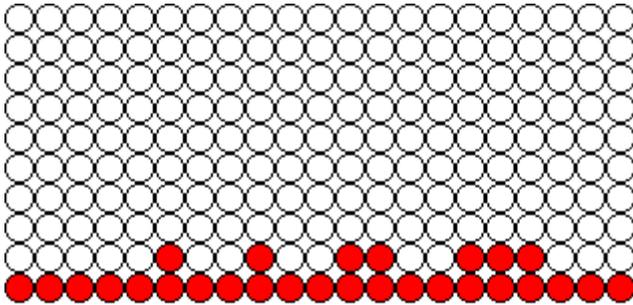
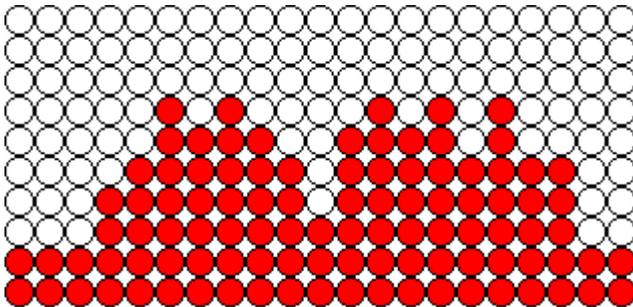PROGRA M 2 PROFILE

PROGRAM 3 PROFILE

2. P 2 Picture:

✧　　INTERVAL 1 PROGRAM：

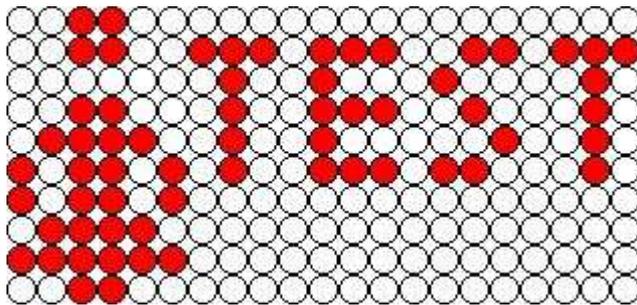✧　　INTERVAL 2 PROGRAM：

✧　　INTERVAL 3 PROGRAM：
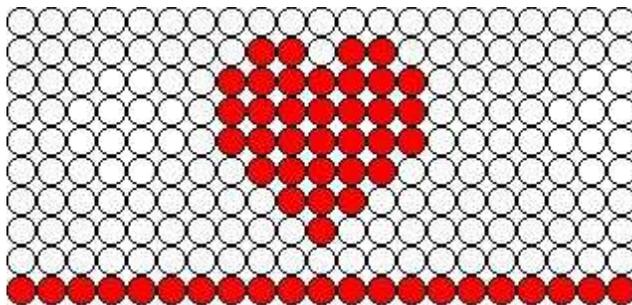
2.   TEST Picture:

✧   FITNESS TEST：
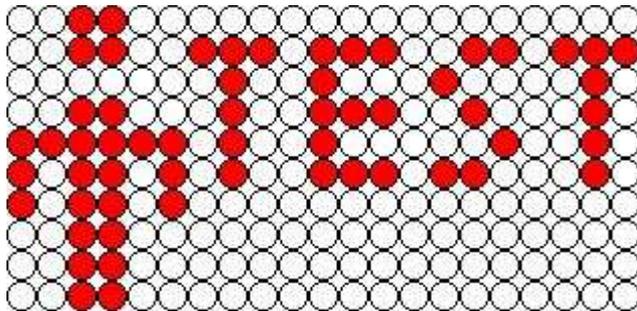
TEST-male

TEST-female

4. HRC Picture:

✧   HRC：

5. WATT Picture:

✧   WATT CONTROL：