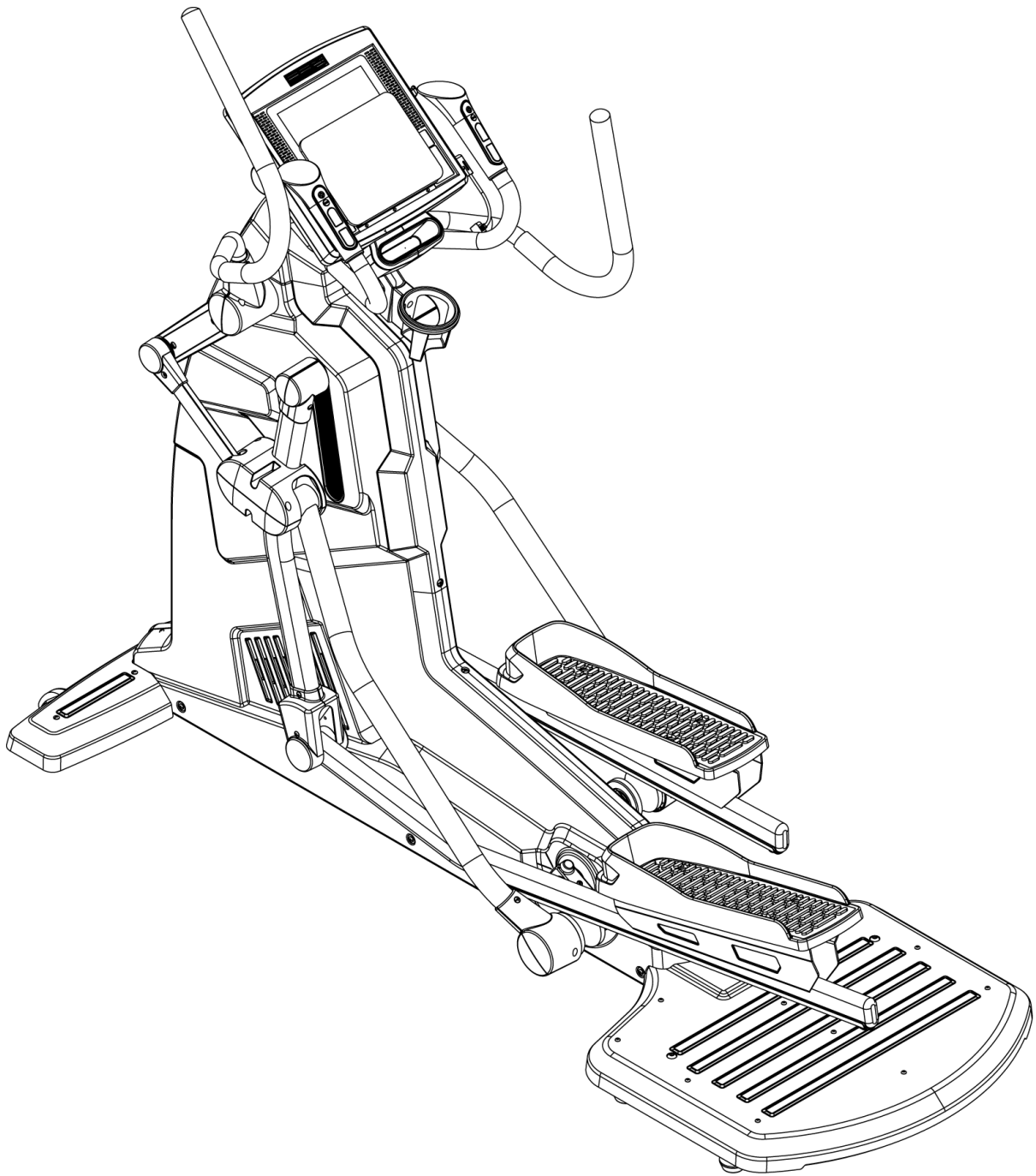


# E22.3

## Elliptical Machine Instructions



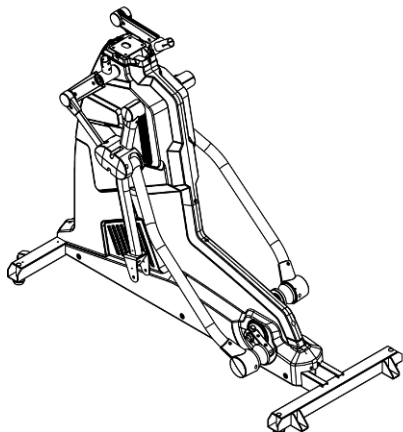
# INDEX

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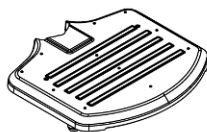
1.	Assembly parts .....	2
2.	Details of parts.....	3
3.	Assembly steps.....	4
4.	The operation instruction of electronic meter.....	13
4.1.	Electronic meter structure .....	14
5.	Display page introduction .....	16
5.1.	Simple user interface : .....	16
5.2.	Startup page.....	16
5.3.	Resident area.....	17
5.4.	User login page.....	17
5.5.	Standby page .....	19
5.6.	Program control set page.....	19
5.7.	Exercise storage device optional page (running and fitness with the exercise record device).....	20
5.8.	Pages of the exercise .....	22
5.9.	Exercise Course Page .....	27
6.	Heart Detection Introduction .....	29
6.1.	Heart Rate Sensor System .....	29
6.2.	Regional heart rate exercise .....	30
7.	Sports and fitness program.....	30
7.1.	Overview of sports and fitness program.....	30
7.2.	Overview of sports and fitness program.....	31
8.	Program Set .....	39
8.1.	Software version shows System info .....	39
8.2.	Setting Metric or Imperial system Units.....	39
8.3.	TV setting.....	40
8.4.	Wi-fi setting .....	40
8.5.	Resting time setting .....	41
8.6.	Time zone setting.....	41
8.7.	Language .....	41
8.8.	Others .....	41

# 1. Assembly parts

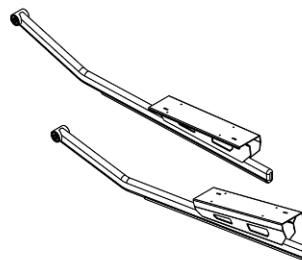
A.Main frame set



B.Rear pedal set



C.Foot pedal set



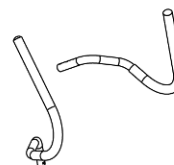
D.Control tube set



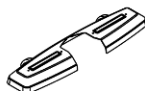
E.Electronic meter set



F.Handrail tube set



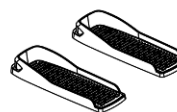
G.Front bottom tube trim cover



H.Foot tube spindle cover set



I.Foot pedal set



J.Front trim cover set of electronic meter



K.Lower trim cover of electronic meter



L.Commodity cup holder



M.Trim cover set of control tube



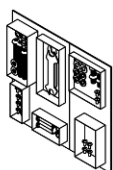
N.Cup holder



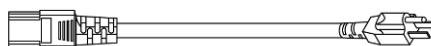
O.Handrail spindle cover set



P.Screw package



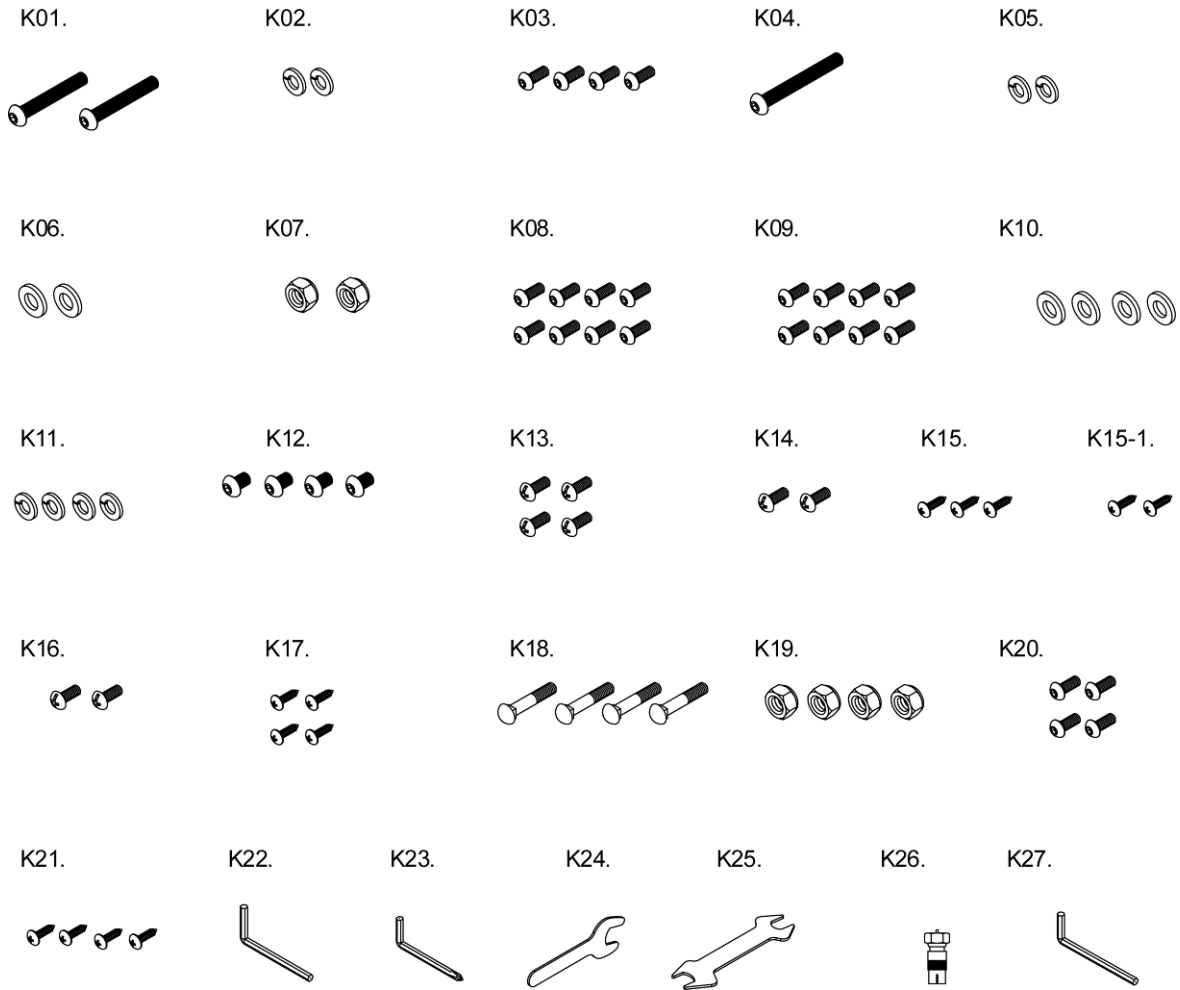
Q.Power line



R.adjustment foot pad



## 2. Details of parts



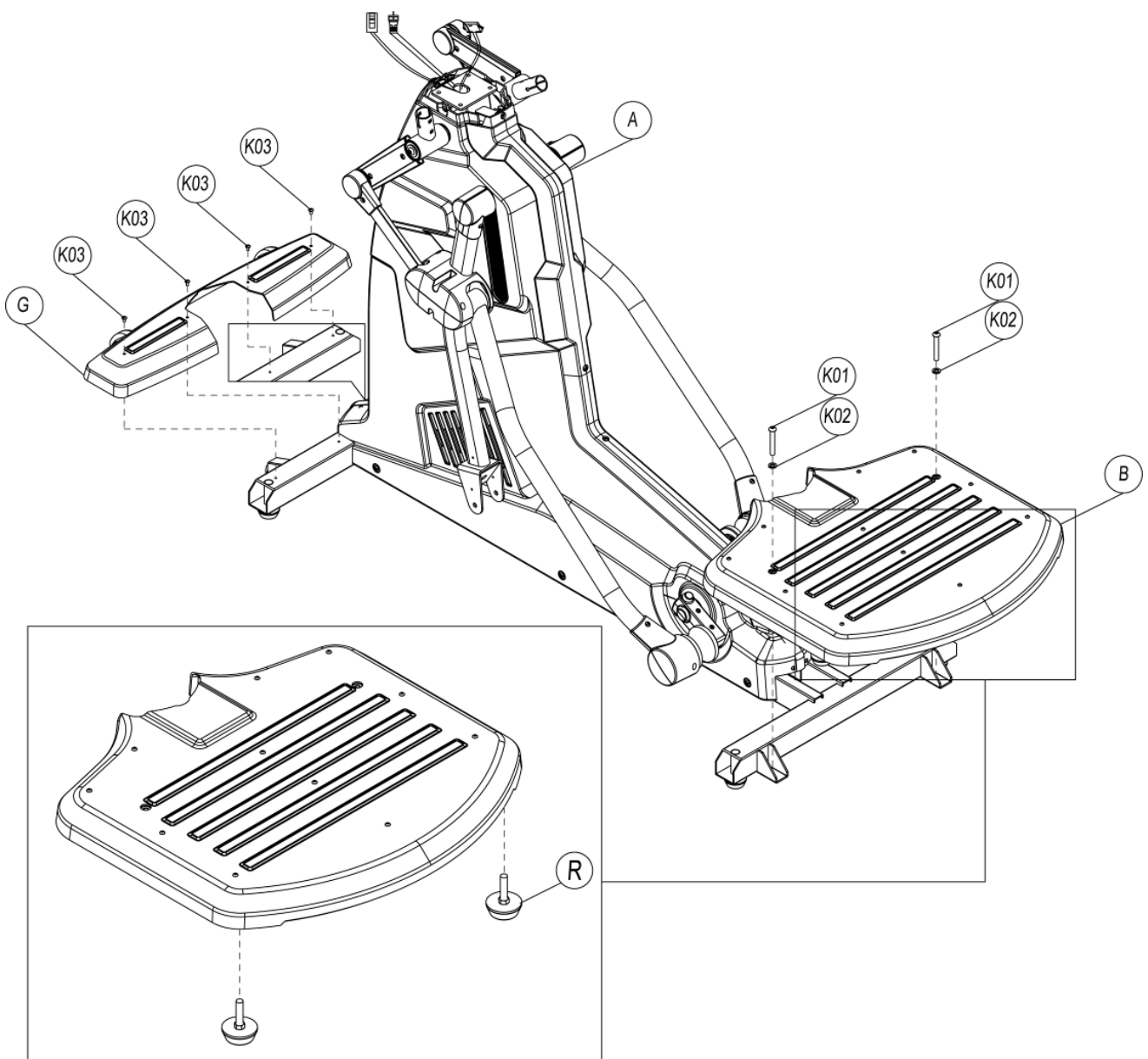
ITEM	Description	Qty	ITEM	Description	Qty
K01.	Truss hex screw M10xP1.5x70 Stainless Steel	2	K15.	Screw Ø4X12	3
K02.	Spring washer M10	2	K15-1.	Truss cross screw M4X10	2
K03.	Truss hex screw M5X10 Stainless Steel	4	K16.	Truss cross screw M4X10	2
K04.	Truss hex screw M10xP1.5x85	2	K17.	Screw Ø4X12	4
K05.	Spring washer M10	2	K18.	Carriage Screw M8X45	4
K06.	Washer $\psi$ 10x $\psi$ 20x1.5t	2	K19.	Nylon Nut M8	4
K07.	Nylon Nut M10	2	K20.	Truss hex screw M5X10 Stainless Steel	4
K08.	Truss hex screw M5X10 Stainless Steel	8	K21.	Screw Ø4X12	4
K09.	Truss hex screw M5X10 Stainless Steel	8	K22.	L shaped hex wrench 6X40X120	1
K10.	Washer $\psi$ 10x $\psi$ 20x1.5t	4	K23.	L shaped hex wrench +cross screwdriver 5x35x115mm	1
K11.	Spring washer M10	4	K24.	Opened wrench 17mmX110mmX2.0t	1
K12.	Truss hex screw M10xP1.5x15	4	K25.	Opened wrench 13mm+15mm	1
K13.	Truss cross screw M5X10	4	K26.	Cable adapter _PAL (female) adapted to socket F (male)	1
K14.	Truss cross screw M5X10	2	K27.	L shaped hex wrench 3X23X129	1

### 3. Assembly steps

#### ■ STEP 1 Assemble the main frame set with the rear pedals

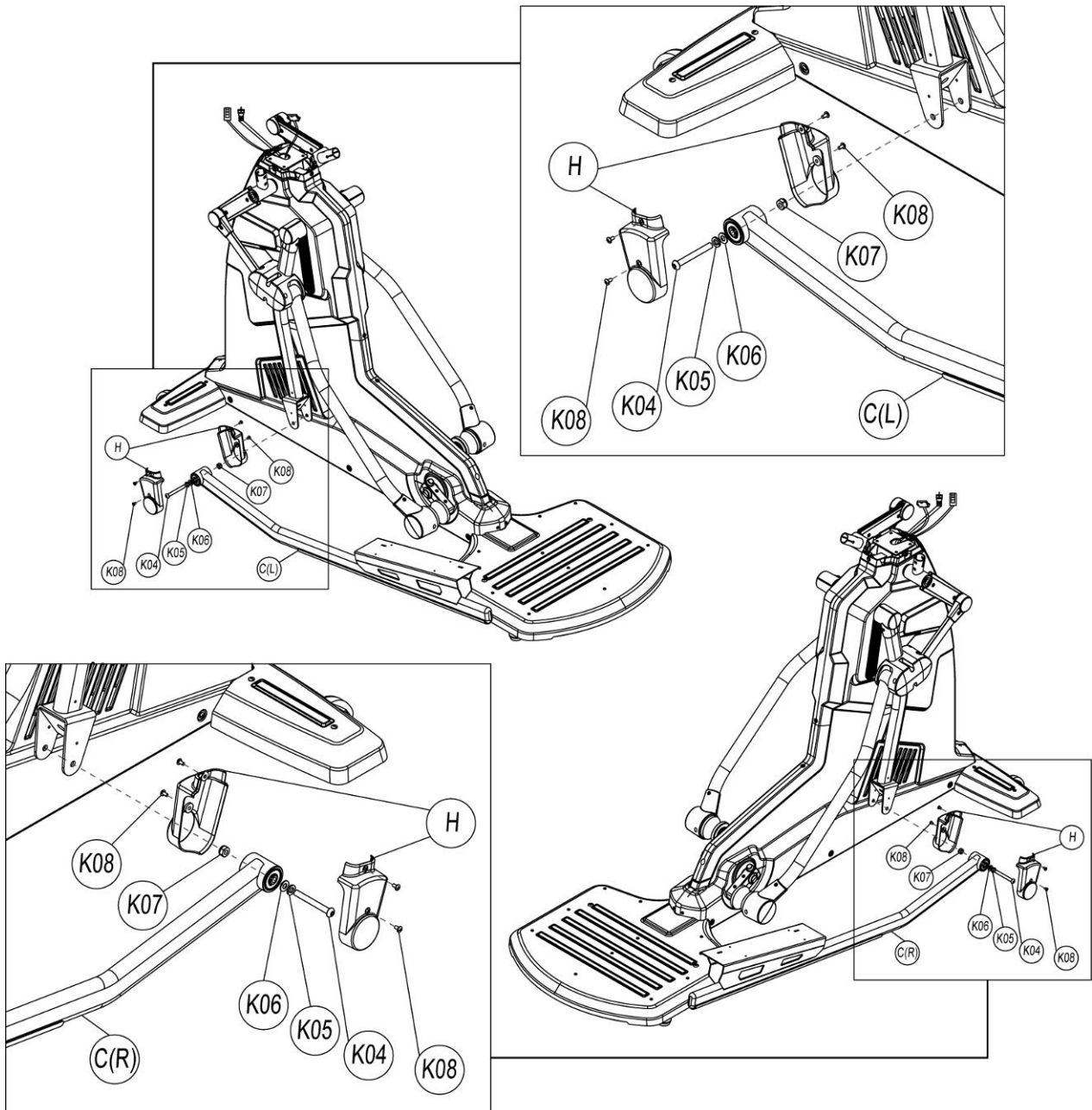
As shown in the figure, use truss head hexagon socket screw (K01) and spring washer (K02) to lock and fix the rear pedal set (B) on the main frame set (A), and then use cross Truss hex screw (K03) to lock and fix the front bottom tube trim cover (G) on the main frame set (A). At last, fix the adjustment foot pad (R) and make it level to ground.

**Note: The assembly must be implemented by two person.**



## ■ STEP 2 Assemble the foot tube set with the main frame set

Use truss head hexagon socket screw (K04), spring washer (K05), washer (K06) and nylon nut (K07) to lock and fix the foot pedal set (C), and then use Truss hex screw (K08) to lock the foot tube spindle cover set (H).

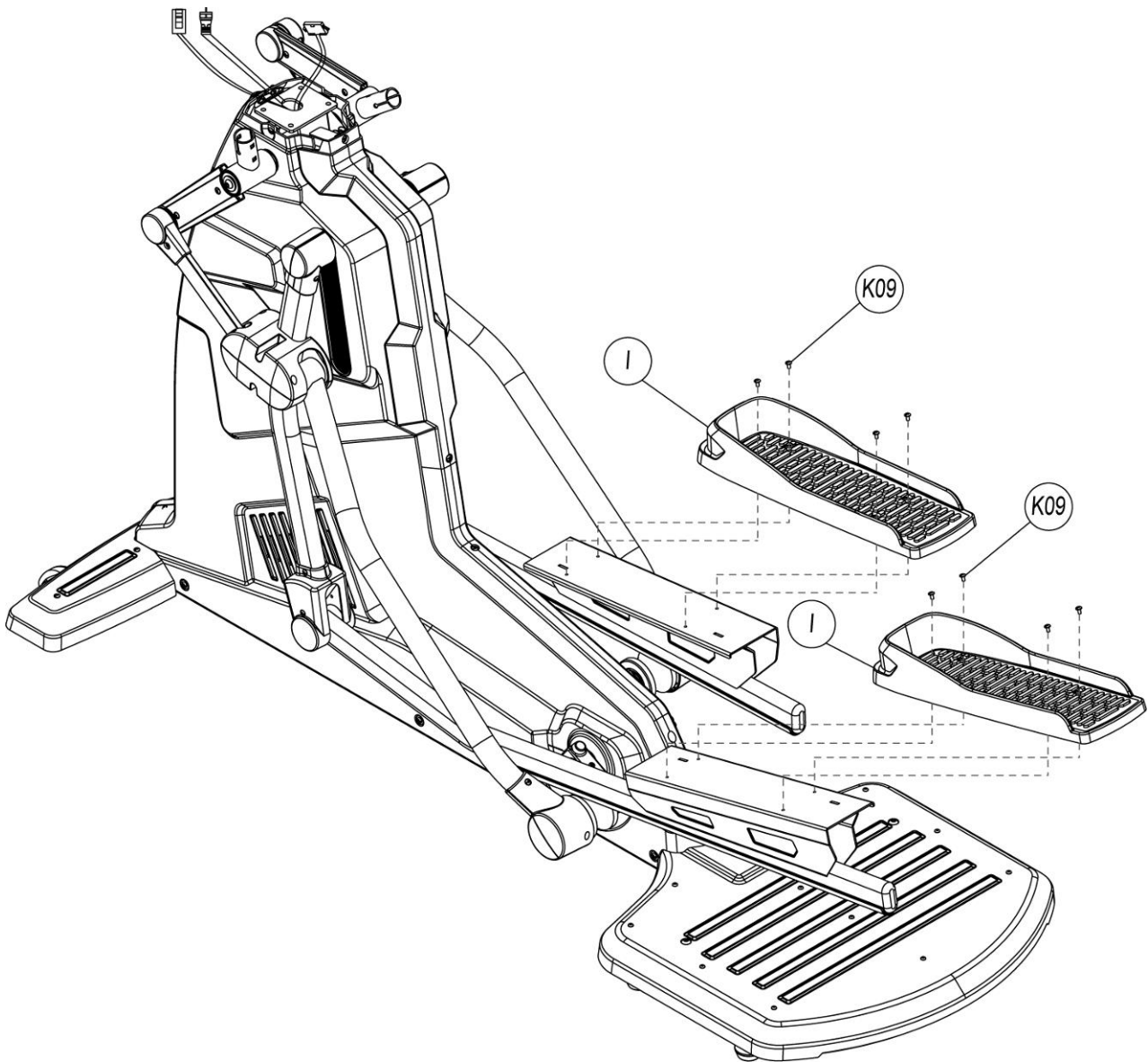


### ■ STEP 3 Assemble the foot pedal set with the foot tube set

Align the screw holes on the foot pedal set (I) with the screw holes on the foot pedal set (C) firstly, and then use cross Truss hex screw (K09) to lock and fix them after affirming that they are aligned.

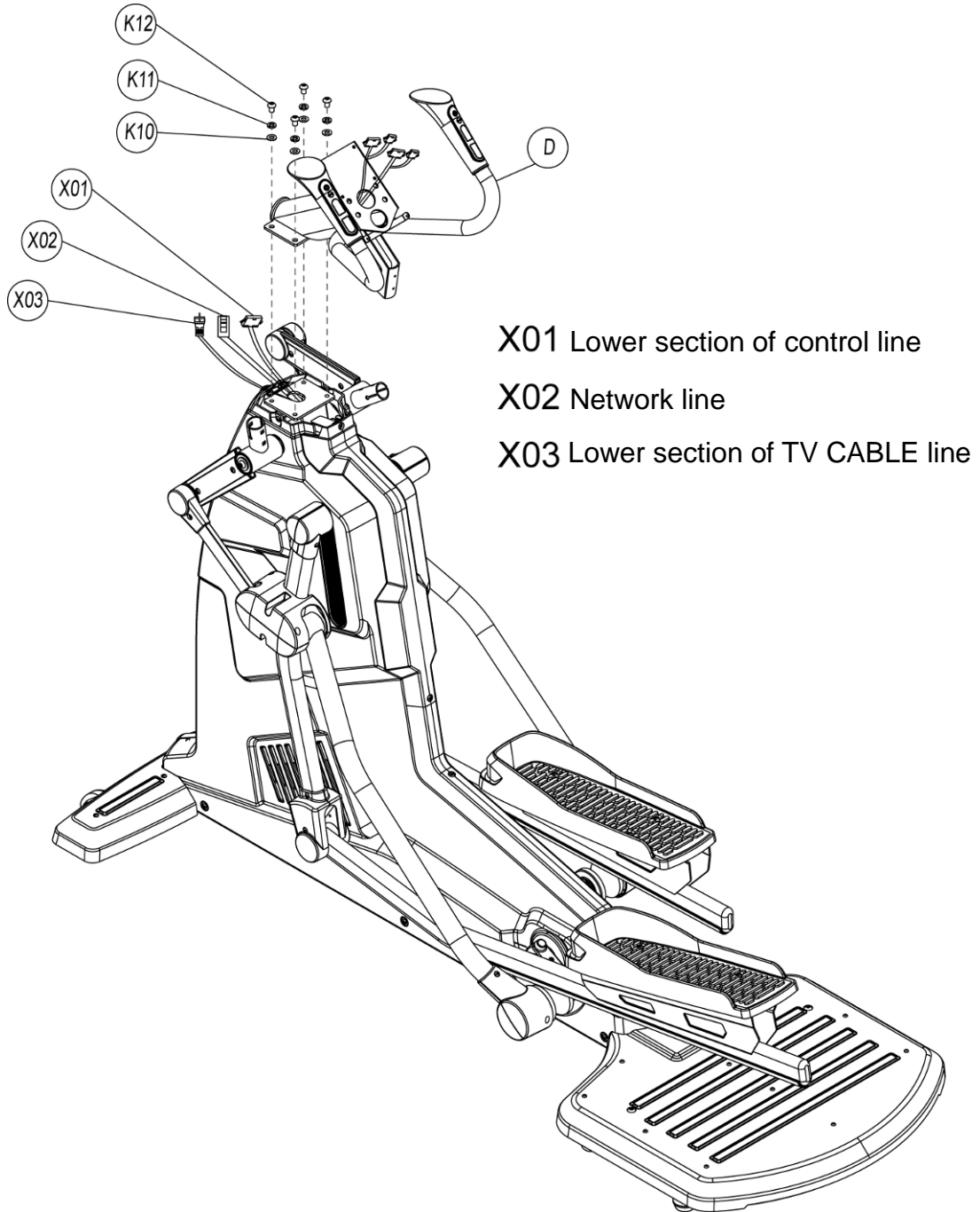
Note:

- It should be affirmed that the foot pedal set are really locked to avoid using dangers due to loosening of the screw.



#### ■ STEP 4 Assemble the control tube set with the main frame set

Align the screw holes of the control tube set (D) with the screw holes of the main frame set, and use washer (K10), spring washer (K11) and truss head hexagon socket screw (K12) to lock and fix the control tube set (D).





## ■ STEP 5 Assemble the electronic meter set with the control tube set

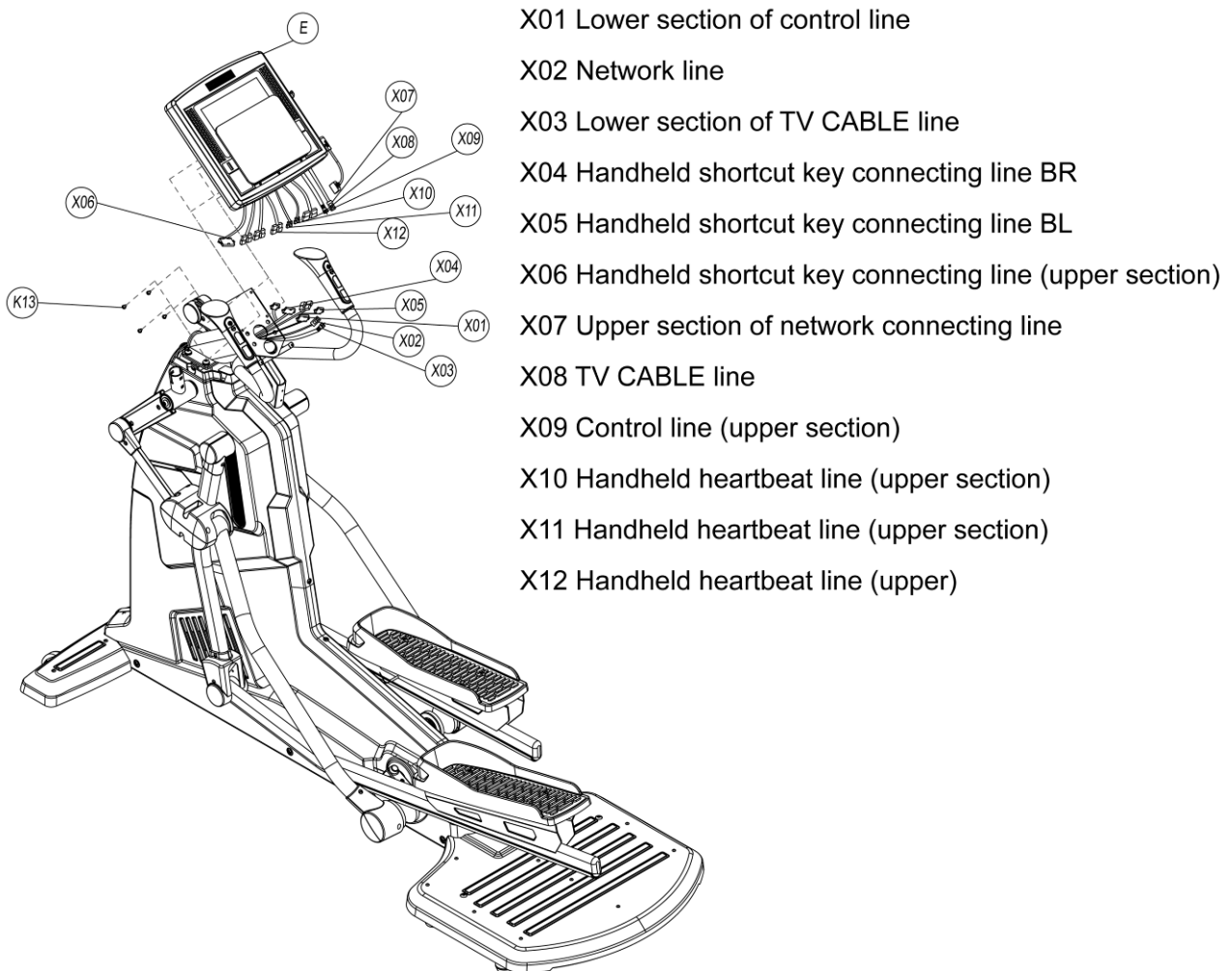
Connect the lines according to the figure. Pay attention to the directivity. Please do not insert forcibly if the directivity is wrong.

Align the screw holes on the rear part of the electronic meter set (E) with the screw holes of the control tube set (D), and use cross truss head screw (K13) to lock and fix the electronic meter.

During assembly, please make sure the screws are firmly locked to avoid damage of the electronic meter due to loosening of the screw.

Notes:

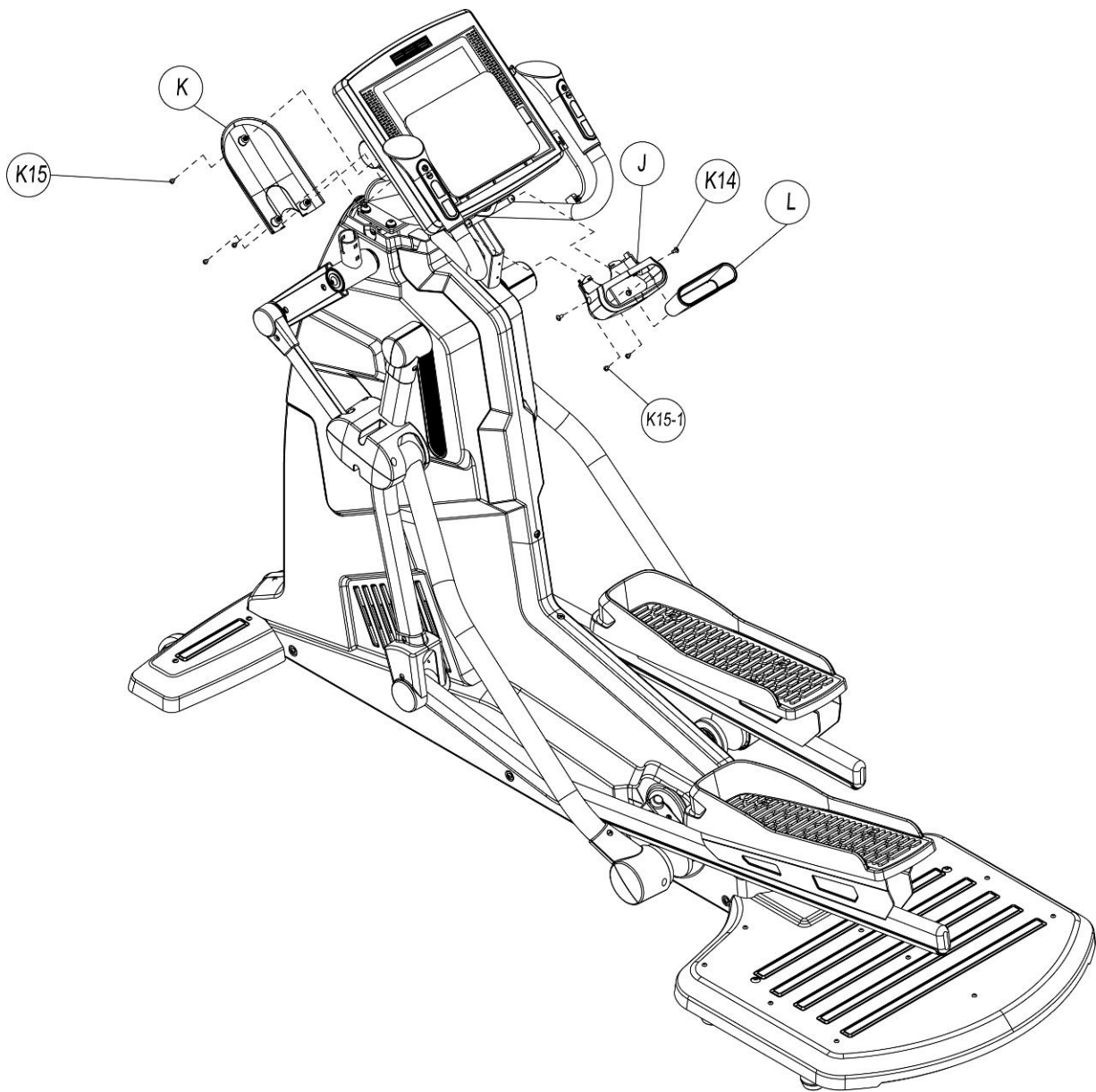
- The holes shall be aligned and the directivity of the electronic meter shall be affirmed during assembly.
- The wires of the electronic meter shall be arranged in cooperation with the holes of the electronic meter holder, so as to avoid wire short easily caused by bending of the electric wires.



## ■ STEP 6 Assemble the trim cover set of electronic meter with the electronic meter set

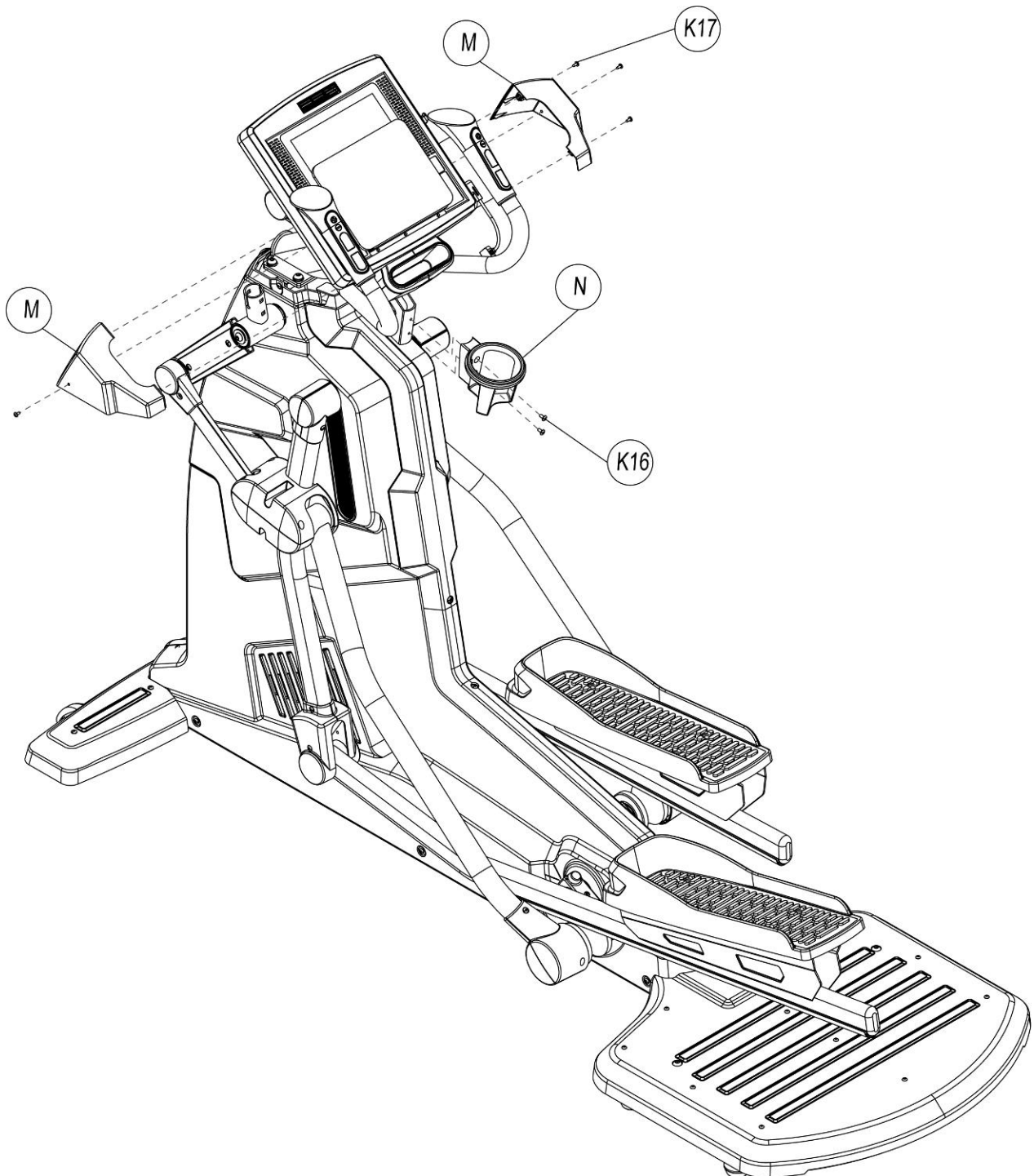
Use cross truss head screw (K14) to lock and fix the front trim cover set of electronic meter on the control tube set (D), and then arrange the commodity cup holder (L) in, and use cross truss head self-tapping screw (K15-1) to lock.

Use cross truss head self-tapping screw (K15) to lock and fix the lower trim cover of electronic meter on the electronic meter set (E) finally.



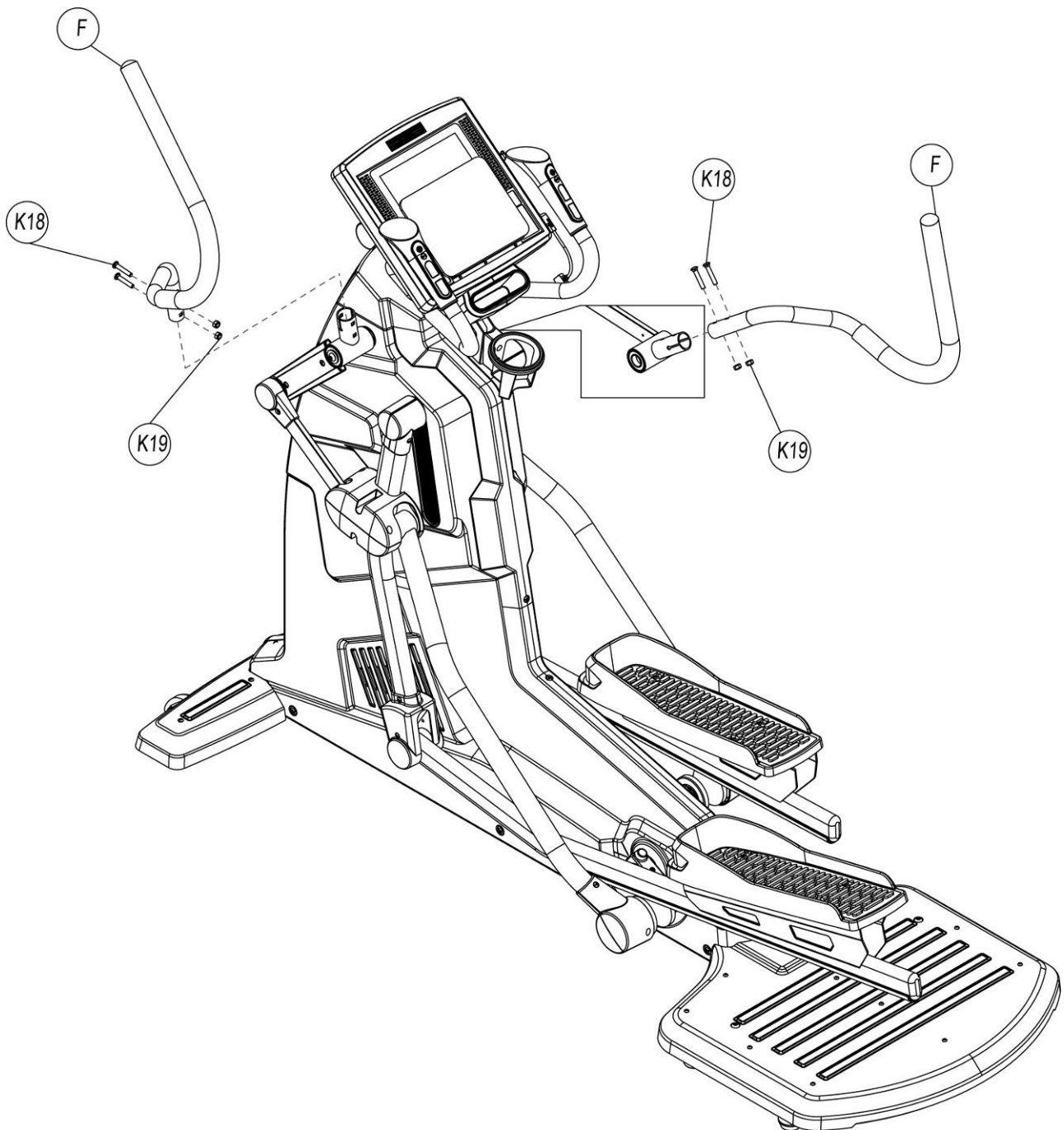
**STEP 7 Assemble the trim covers of control tube, the cup holder with the control tube set**

Use cross truss head self-tapping screw (K17) to lock the trim covers of control tube (M) along the direction shown in the figure, and finally use cross truss head screw (K16) to lock and fix the cup holder (N).



## ■ STEP 8 Assemble the handrail tube set with the main frame set

Sheath the tail end of the handrail tube set (F) into the iron tube at the upper end of the swing tube set, combine them and use carriage bolt (K18) and nylon nut (K19) to fix.

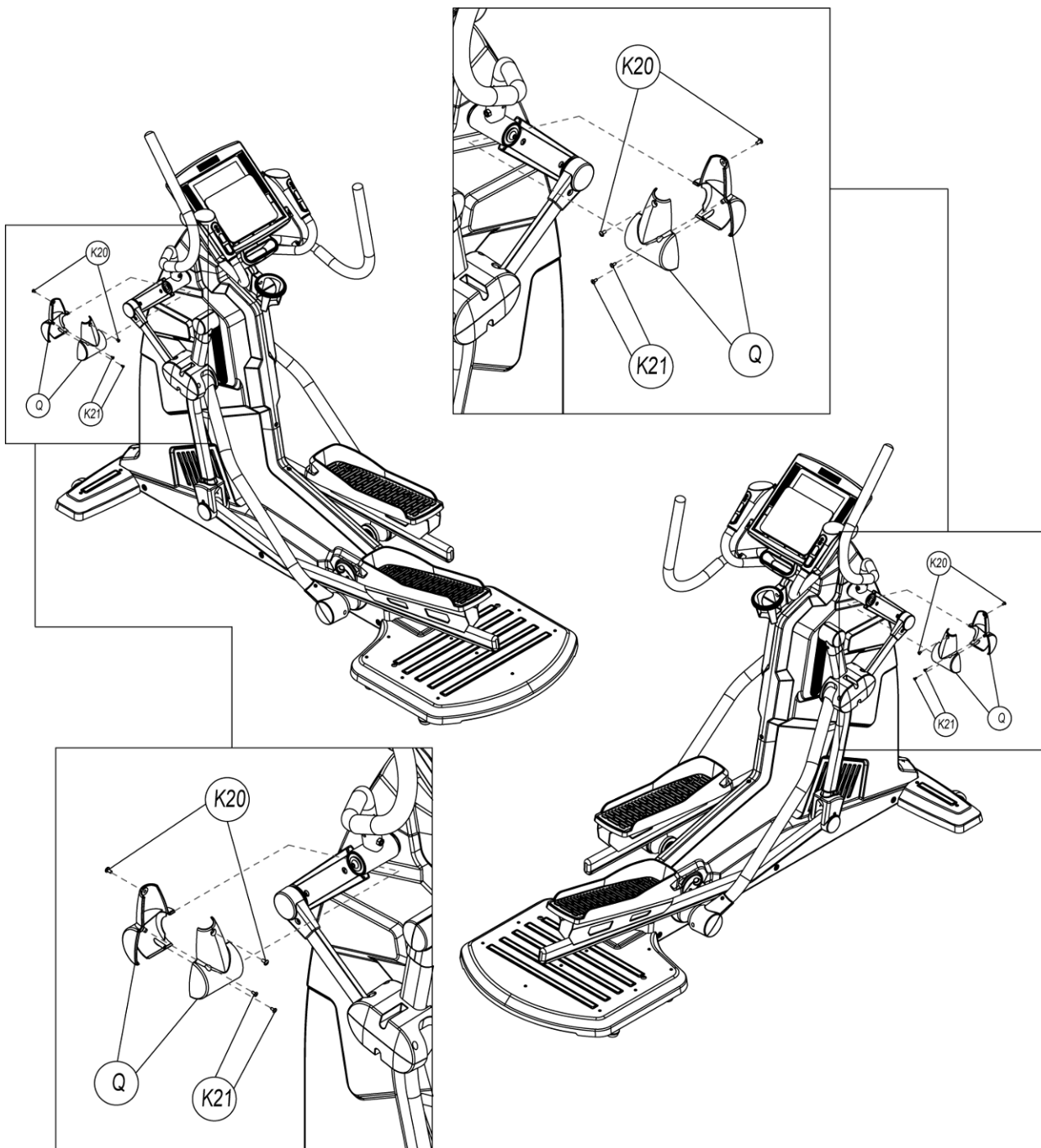


## ■ STEP 9 Assemble the handrail spindle cover set with the handrail tube set

Lean the handrail spindle cover set (O) against the horizontal tube of the handrail tube set tightly, use cross Truss hex screw (K20) to lock it and use cross truss head self-tapping screw (K21) to fix it.

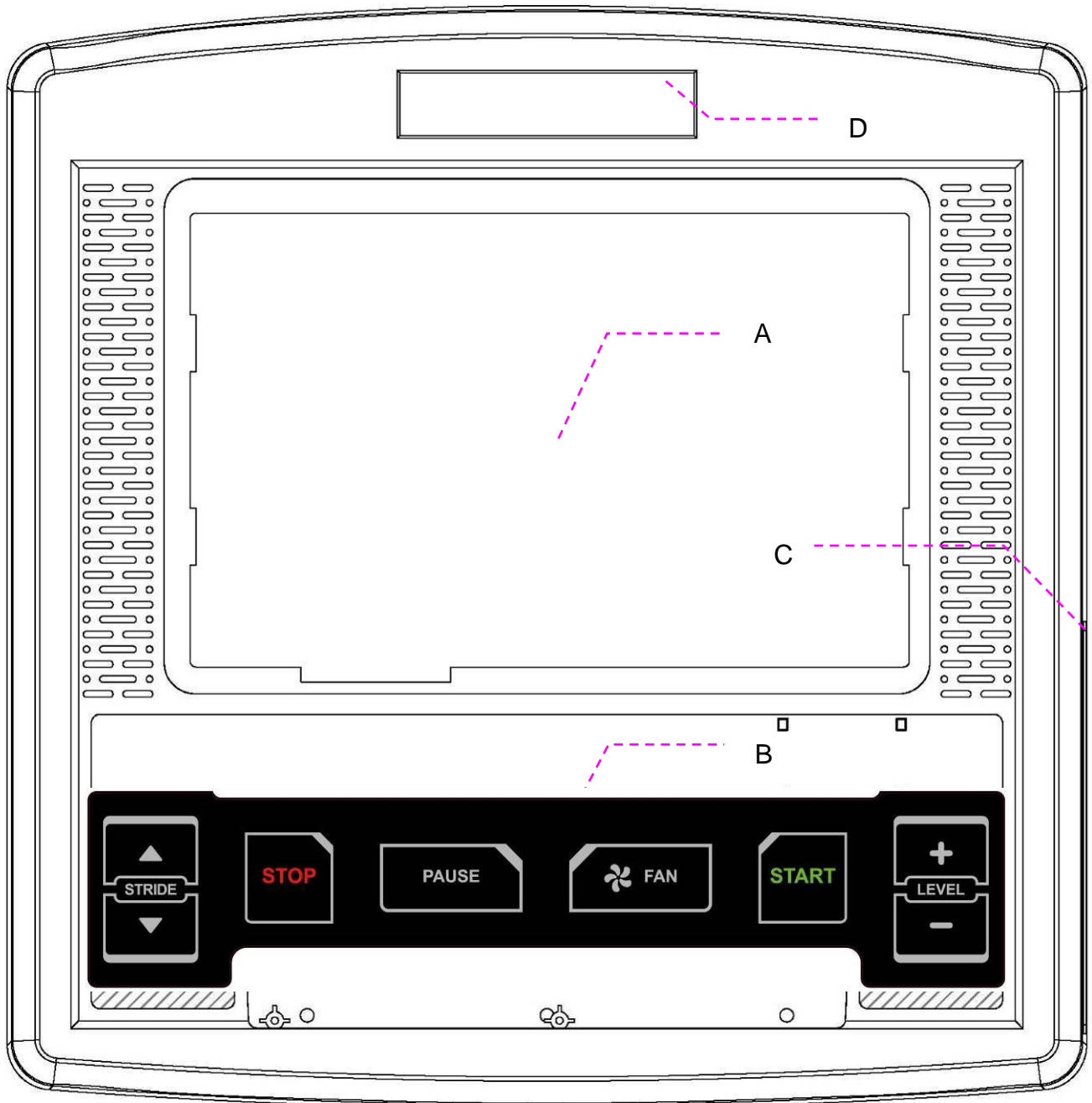
### Note:

When locking plastic covers, it shall be affirmed that whether the plastic covers are mutually cooperated and tightly jointed.

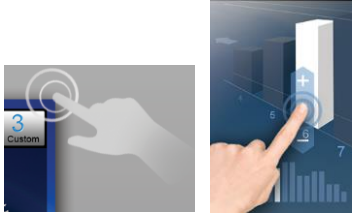






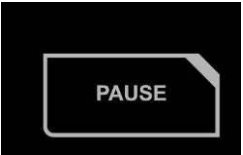
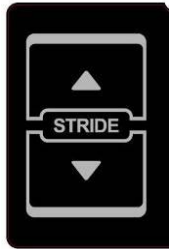
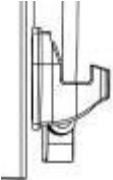
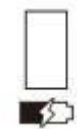
## 4. The operation instruction of electronic meter

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>
B3	Stop	(1) If the electronic meter is in log in page and if press this key, this page can be skipped. Users can login as guests.

		<p>(2) If the electronic meter is in setting page and if press this key, the electronic meter can return to standby page.</p> <p>(3) 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>(4) 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> 	Fan	<p>Press this button to turn on/off the fan during exercise. The fan has high/low speed 2 section.</p>
<p>B5</p> 	Pause	<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>B6</p> 	Walking distance increase	<p>Press the button to increase the walking distance Scope value: 1~40 LEVEL</p>
	Walking distance decrease	<p>Press the button to decrease the walking distance. Scope value: 1~40 LEVEL</p>
<p>C1</p> 	The fixed hook with IPod wires	<p>When IPod connection wires are not used, twine them as U shape and hang them on the hook.</p>
<p>C2</p> 	USB	<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>



C3 	Earphone	This hole can connect 3.5mm voice output device, such as earphone.
C4 	iPod connecting wire	This wire can connect iOS device through the electronic meter and the following functions can be used: Charging function, Reading the sound source and video inside the device. Nike+ function.
D 	The air outlet holes of fan	The air outlet angle can be adjusted by hand.

## 5. Display page introduction

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### 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 the 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 bottom 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.

### 5.4. User login page



User login:

The cloud exercise management system built in the electronic meter is called Fit2Go. Users can deal with the following exercise as memberships. During exercise, the users' weight, age and other data can be put into all the exercise formula automatically and the steps set by the program can be omitted. When the exercise is over, the system can automatically record the data of the exercise and upload the data to the server.



Click “account No.” field and the letter input keyboard shall appear. Input ID and click “password” field. Continue to input password and press “Send” key or “Login” key after the input is finished. If it is successful, the picture can enter home page; if the page does not skip, “connect fit2go fail” message shall appear at the bottom of the picture, showing that the account No. or the password is wrong or the network has a problem. Please make an inspection.

※If press “Skip” key, users can login as guests (70kg/ 30 years old/ female) and guests can

also use all kinds of program or functions but they can not save the data for exercise into the cloud.



※Fit2Go account No. and password gaining:

Before exercise, please use computer, phablet or smart phone and other external devices that can serve on the Internet to connect to <http://fit2go.honixtech.com/fit2go> to register the account No.

Register: Please press “Register” key and fill E-mail (ID), password and personal basic data in the table and press “submit” key.

Login: Input the account No. and password and after enter Fit2Go website, you can browse your exercise course.

- Multinational language area:

After press the design of national flag and the menu for multinational language can appear. There are 14 kinds in total. After choose the language design, the system can start to switch and the switching time is about 5s.

※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.

## 5.5. Standby page



When the user logs in, choose Quick start or other program control in this page. Go back to this page whenever the exercise is over.

**5.5.1. There is withdraw key and identity of user, membership, name, head photo, accumulated time and distances synchronous with cloud. There is no such information if the user is a guest.**

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

**5.5.3. 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**

## 5.6. Program control set page



Choose any program control in standby page, apart from Quick start, and then enter into the set page of the program control.

3.6.2. Input the age, weight, gender...of the user in specific program control, to be substituted into the computational formula of the SPC. If the user is a membership, the system will automatically input the value registered in Fit2go website and the value will be

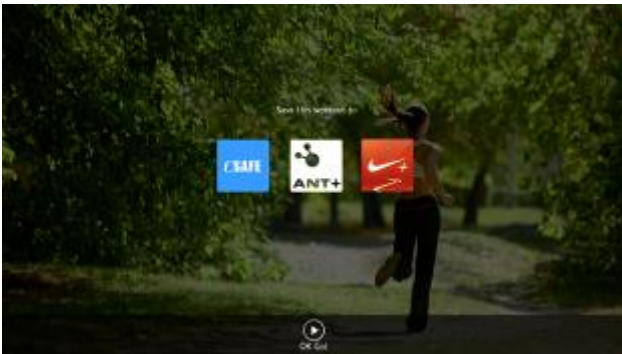
bound.

3.6.3. All sets must be operated by the key of the screen.

3.6.4. After the set is finished, press start key, then enter into storage device ahead the exercise, choose the page.

3.6.5. Press Home key in the set, or STOP key, cancel the set and return to the standby page.

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



5.7.1. 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.

5.7.2. The page is set for the purpose that the user can not only use Fit2go to record exercise data in cloud server, but also 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.

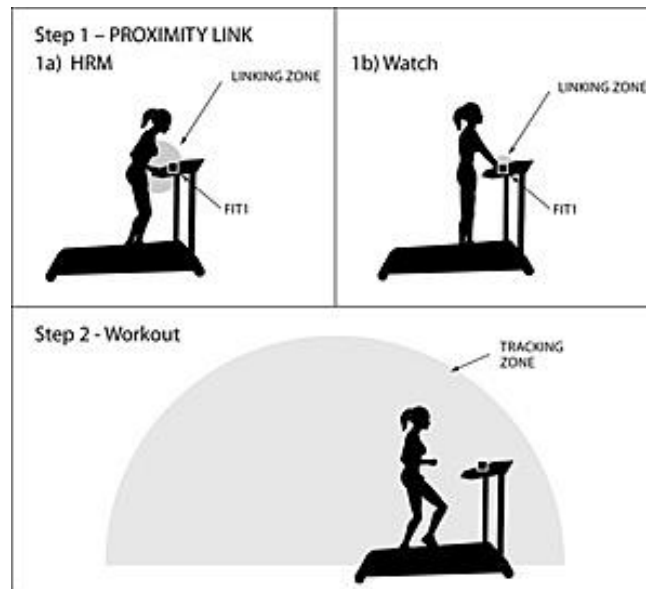
- ANT+:

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?

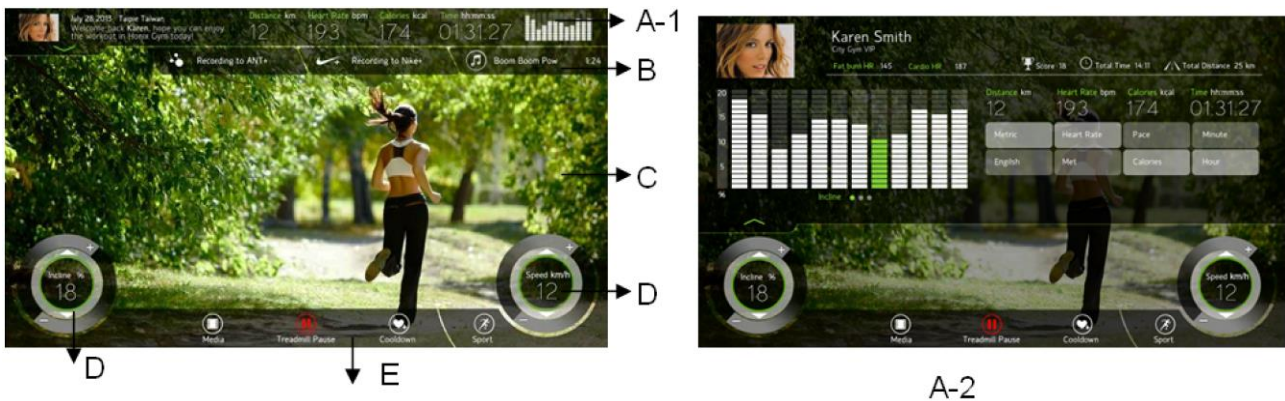
iPod nano, Software version 1.2 or more advanced version

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



## 5.8. Pages of the exercise



5.8.1. 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.

### 5.8.2. 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, caloric 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”, and 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...





### 5.8.3. Multimedia function



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.

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.

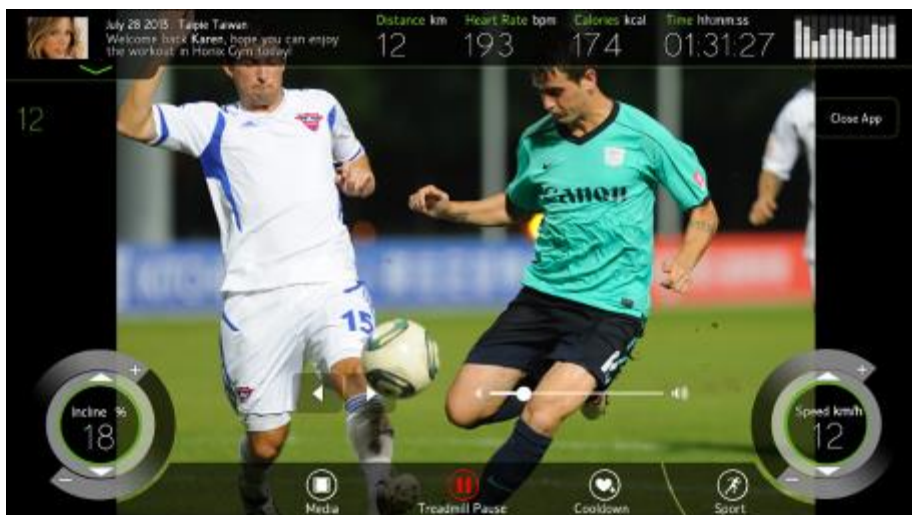
※If there is no files in more than 10s, inspect whether the connecting line is badly contacted, insert again.

- 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 hidid, 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.

TV/DTV :



- Watch TV program in this mode, support the message of analog television or digital television, and confirm TV message is inserted into the contact between electronic meter and TV.
- 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.

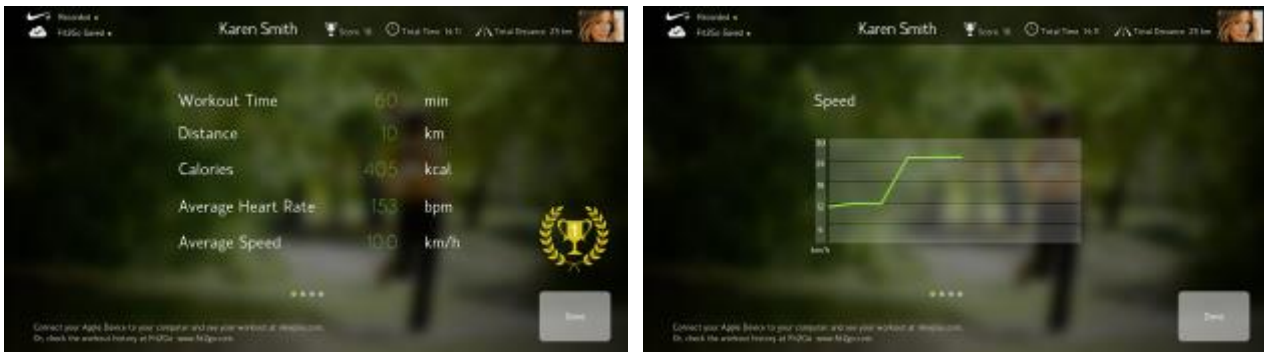
Youtube :



- 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 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.

## 5.9. Exercise Course Page



- 5.9.1. 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.
- 5.9.2. Exercise Course page displays 1 min. You will return to standby page by pressing Done key, Stop key or waiting for 1 min.
- 5.9.3. 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.
- 5.9.4. 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.
- 5.9.5. How to check my stamina training data when running finished?

Fit2Go :

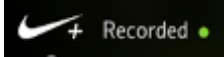
- 1 When users log in the capacity of Fit2go before exercising and there is wi-fi or Ethernet after exercising, electronic meter will automatically save 3.8.1 materials to cloud, displaying  on the top left corner, indicating successful upload of materials. Then the system will accumulate the exercise data and course on the cloud and display immediately on the

top left corner of standby page.

2 Please enter <http://fit2go.honixtech.com/fit2go> with PC. Functions could be operated after land is as follows:

- ※ History : Check the daily information of exercise course uploaded to cloud.
- ※ Set Program: Edit and customize your exclusive Goal program control and renew the Goal Mode in electronic meter after logging in the machine next time.

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

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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

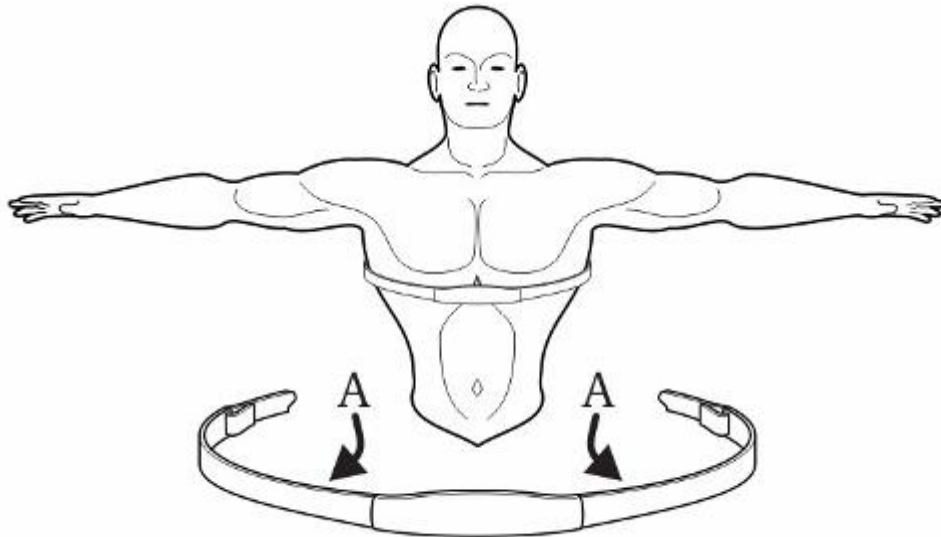
#### ■A. Manual Sensor System

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.

Grasp the middle of chest trap, pull out chest trap and wet the electrode directly if electrode of chest trap needs wetting.

Chest strap and heart rate monitor (chest belt transmitter) is optional.

## 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

### 7.1. Overview of sports and fitness program

- Quick start mode , 8 Goal program control, 5 Training program control, 5 PFT

program control, 1 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 4 min. Continue key can be pressed within 4 min to recover, the speed will return to status before lifting; The program can terminate automatically and return to standby page when pause status exceeds 4 min. 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 log in page or general 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 preset 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

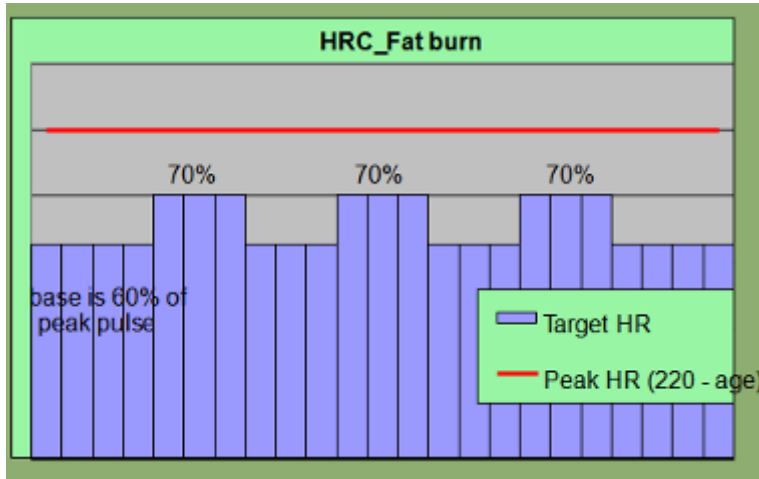
Exercise body strength with the changes of heart rate.

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

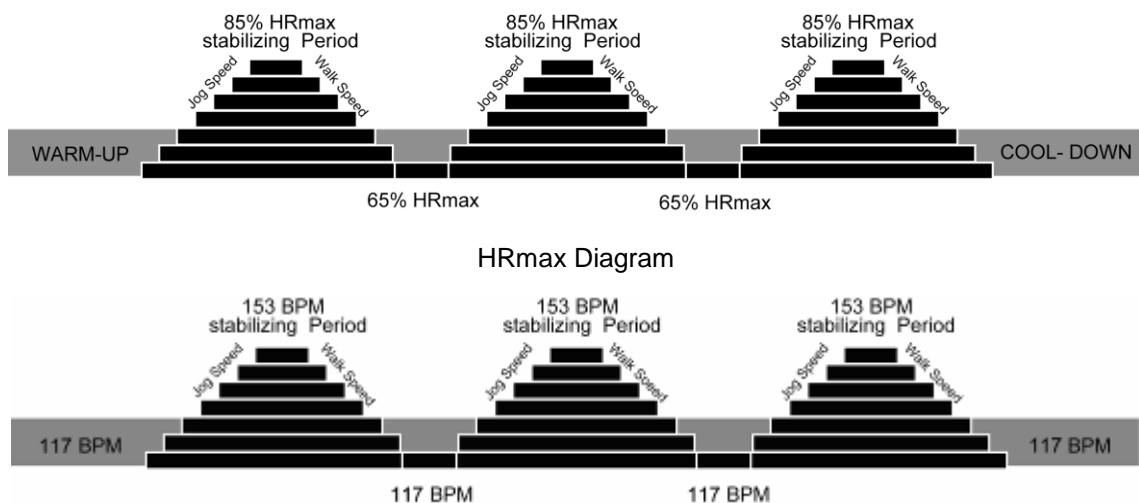
1. The low-impact exercise for heart beat is mainly aimed to burn fat. Within the exercise time set, the heart rate will be in an inter molecular exchange mode between the two target heart rates (60% and 70%) subject to the age of the user. It is similar to the movement of heart rate in short distance 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.

- 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.
- 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.
- Enter pause mode.



### Cardio Heart Rate

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



### Target Heart Rate

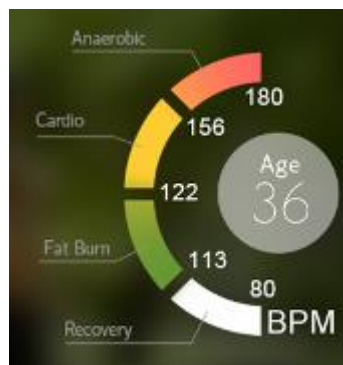
- The user may determine the target heart rate value. Take reference to the recommended values displayed on the right side. The recommended values are used to translate the range value of each heartbeat interval based on the age of the user.

1%~54% : Low (Recovery)

55%~71% : Fat burn

72%~89% : Cardio

90%~100% : High (Aerobic)



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

### Hill Heart Rate

1. 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.
2. The movement of program has the same requirements as other HRC program.
3. Program figure (taking 40-year-old user as the example):

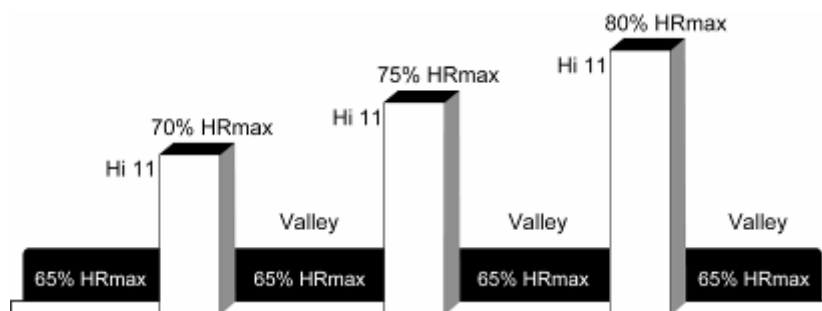
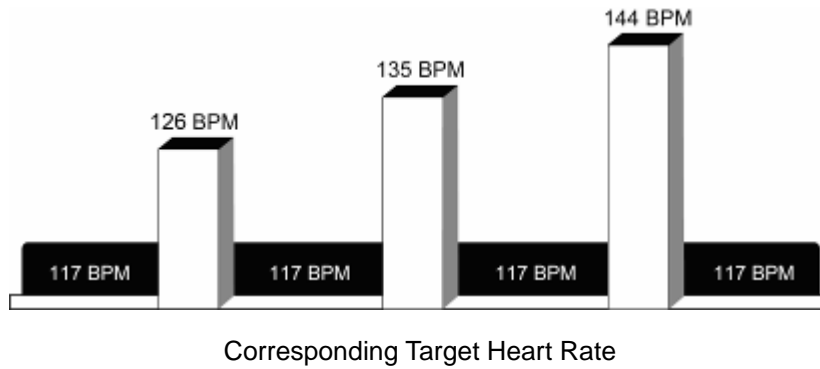


Diagram of HRC



Interval Heart Rate

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

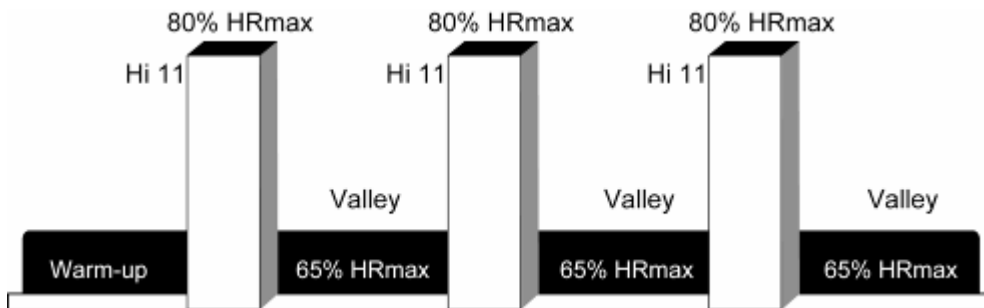
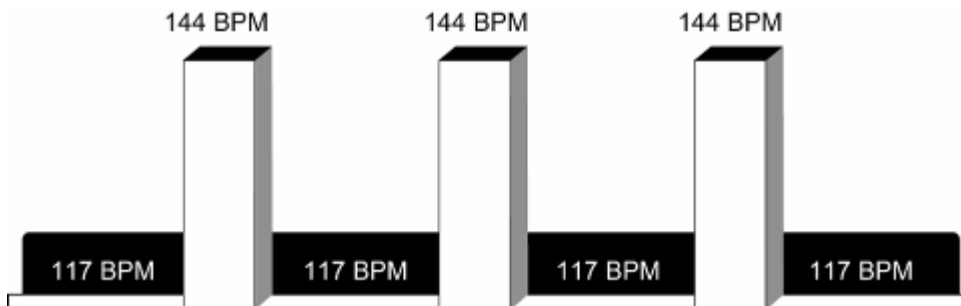


Diagram of Heart Rate Interval



**■ 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.

Set gender and age

After the program is started, time is negative and distance and calories are positive.

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.

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
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

## ■ 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.

Set WATT and time.

After the program is started, time is negative and distance and calories are positive.

The target value is corrected value every 10 seconds automatically by the LEVEL value. Do not start the manual adjustment operation.

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.

Set RPM and time

After the program is started, time is negative and distance and calories are positive.

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.

## ■ Multiplayer



## ■ Virtual Active



## 8. Program Set

### 8.1. Software version shows System info



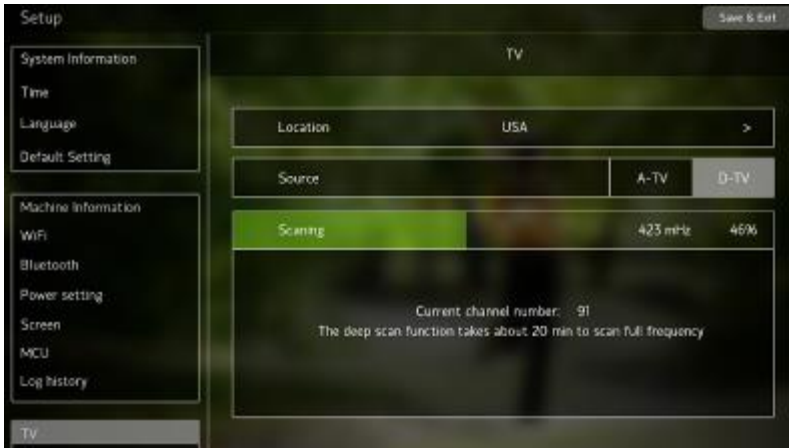
- APP Version name: version name of the system master
- APP Version code: version code of the system master
- Android ID: Production identifier of board
- MCU Version: version of system I/O firmware
- Kernel Version : version of system kernel program

### 8.2. Setting Metric or Imperial system Units

Click "Units" on the left-- - > select "Metric (Imperial)" - > set Metric (Imperial) unit, the set value forms the default one. Press Back to leave the page.



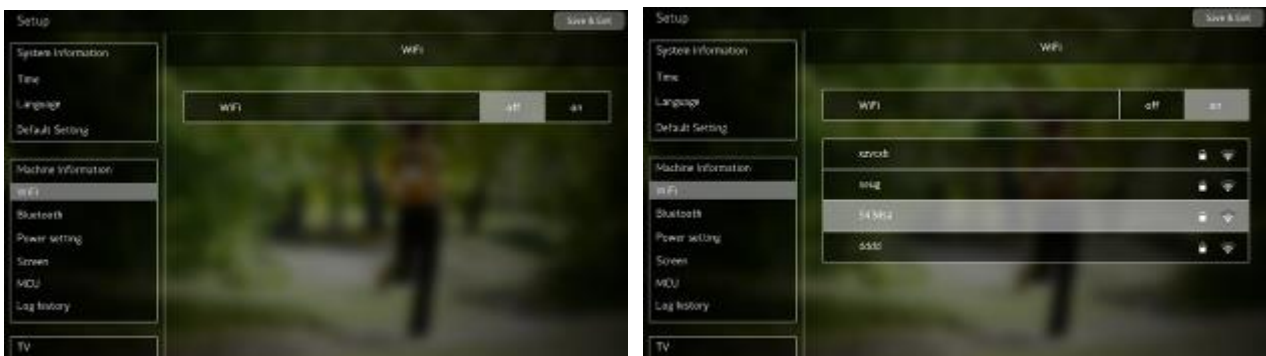
### 8.3. TV setting



Click “TV” on the left menu --> select “local country” -->set TV signal to “analog TV (ATV)”or “digital TV”(DTV) -->Press Quick Scan--> wait for channel scan in 100% (About 1 min) --> display current channel number in successful scanning --> ensure that there is no error and press Back key to exit from engineering page.

- If scanning fails or it is possible to have channel picture, please repeat Quick Scan for several times. If it is still ineffective, please press Deep Scan so that the system will conduct precise frequency scan and the scanning time will be long but will not exceed 5 min.
- The analog signal and digital signal can not coexist. When the signal is changed, it is required to repeat setting and scanning.
- After scanning is finished, it is required to conduct the “search” for specific channel in respect of the detected channel and make TV mode free from this channel.

### 8.4. Wi-fi setting



Click “Wi-Fi” on the left menu”-->Press “on”, the system will display wi-fi device as detected, db value indicates the signal intensity, low value means clear signal. Please select the target to be connected, input wi-fi password, press connect key or Done key and wait for connection. When there is “red connected”, the connection will be finished so that you can press Back key to exit from engineering page.

※ 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.

## 8.5. Resting time setting

The time for enable power-saving mode: Click “Power Setting” -->Dormancy on the left menu, the default is 60 min and you can press Back key to exit from the engineering page

- This time indicates that, under the standby mode, the upper and lower control power supply will be cut off independently after unmanned operation is continued for a while. For waking, it is necessary to press “WAKE” key on the keyboard or enable ON/OFF switch for the power supply.

※Pause time: Click “Power Setting” -->PauseBack on the left menu, the default is 4 min and press Back key to exit from the engineering page.

- This time indicates that, under “pause” state of exercise, the workout will be finished independently and the machine will return to the standby mode after unmanned operation for a while.

## 8.6. Time zone setting

Click “Time ZONE” --> select location on the left menu, the system will focus on GMT time of this region. Press the Back key to exit from the engineering page.

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

## 8.7. Language

Click "Language" on the left-- - > select language name, the set value is the language of operation interface. Press Back to leave the page.

- Set maintenance mode

Click “Machine information” on the left side-- - > select "Maintenance" -- -- > select “distance” or “time”. The set value is detective value. The screen displays “Maintenance Required” after the machine is turned on when one of the values return to zero. Return back to this page for value reset until the value return to zero. Press Back to leave the page.

※This list may test the cumulative time and distance of the electronic meter after the machinery leaves the factory.

## 8.8. Others

Do not operate it in the developing process and before the generation of the function

specifications in order to avoid abnormal movement due to wrong setting.