R22.1 RECUMBENT ASSEMBLE INSTRUCTION
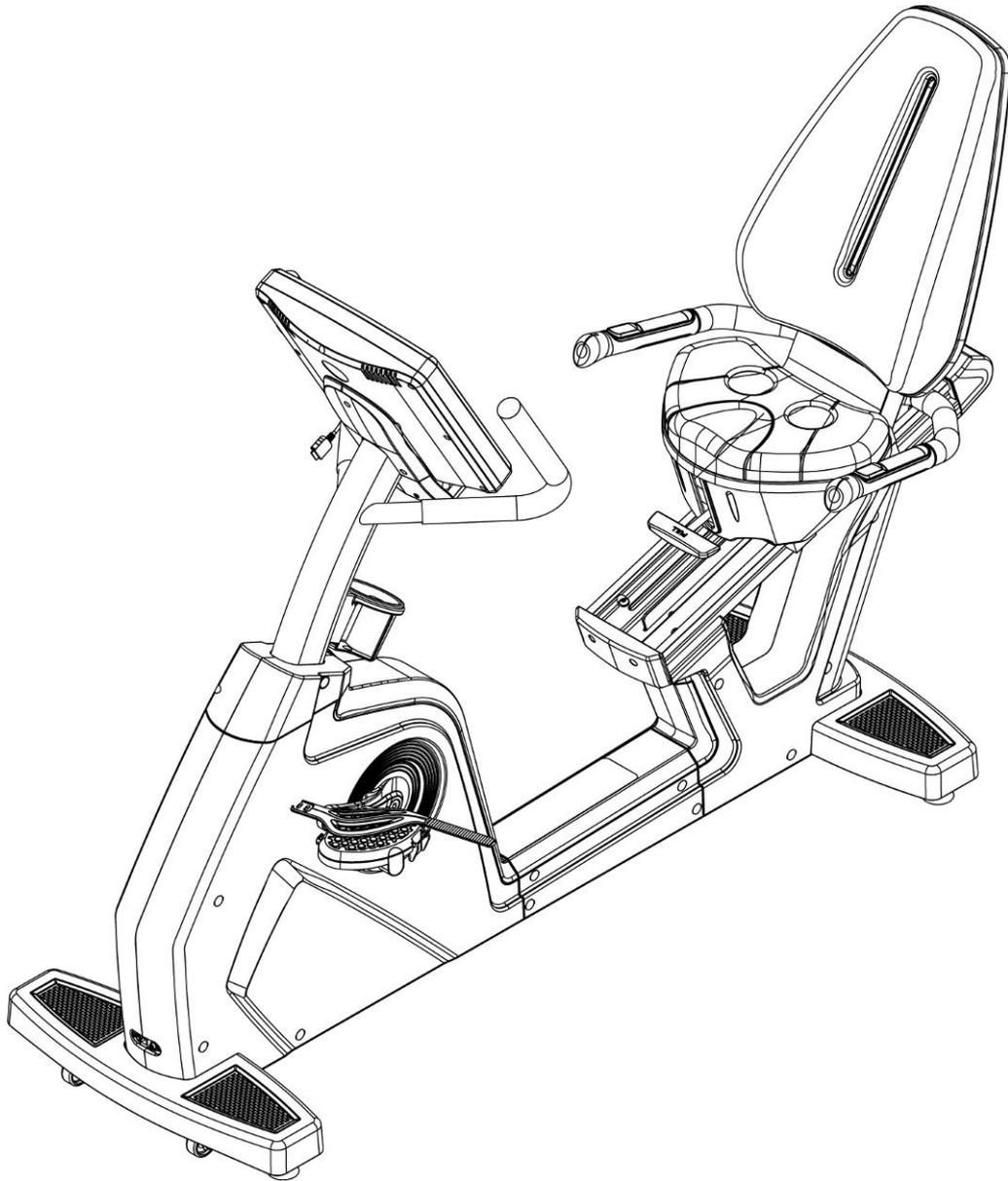
1. PART LIST

ITME	Description	Qty	ITEM	Description	Qty
A	frame	1	H	Computer decorative cover front	1
B	Control tube	1	I	Stuff holder	1
C	Computer	1	J	Flask holder	1
D	Seat	1	K	Lower seat cover	1
E	Handrail tube	1	L	Screw head cover	2
F	Control tube decorative cover	1	M	Screw bag	1
G	Lower computer decorative cover	1	N	Power wire	1
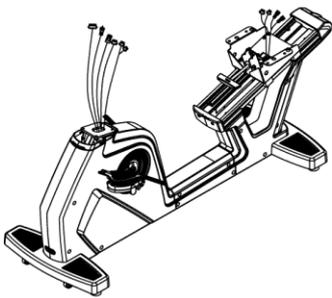
A.   B.   C.   D.   E.

F.   G.   H.   I.   J.   K.
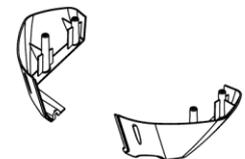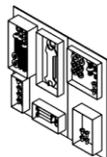
L.   M.   N.
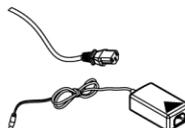
2. SCREW BAG

ITME	Description	Qty	ITEM	Description	Qty
K01	Cks hex screw M8xP1.25x25	4	K12	Cks hex screw M8xP1.25x25 stainless steel	4
K02	Spring washer M8	4	K13	Spring washer M8 stainless steel	4
K03	Washer Φ8xΦ20x2.0t	4	K14	Washer Φ8xΦ16x1.5t stainless steel	4
K04	Truss cross screw M5xP0.8x12	2	K15	Round head cross screw NO.10-32 UNFX20mm stainless steel(with inner toothed washer)	4
K05	Truss cross self-tapping screw Φ4x12	1	K16	Truss cross self-tapping screw Φ4x12 stainless steel	1
K06	Truss cross screw M5xP0.8x10	4	K17	Cable transferring head_PAL(M)to Fhead(F)	1
K07	Truss cross self-tapping screwΦ4x12	3	K18	L shaped hex wrench+cross screwdriver 6x40x120mm(cross)	1
K08	Truss cross screw M4xP0.7x12	2	K19	Truss cross screw M5xP0.8x12	2
K09	Cks hex screw M8xP1.25x15 stainless steel	4	K20	Truss cross self-tapping screw Φ4x10	2
K10	Spring washer M8 stainless steel	4	K21	Washer Φ4xΦ12x1.0t	1
K11	Washer Φ8xΦ16x1.5t stainless steel	4			

K01.

K02.

K03.

K04.

K05.

K06.

K07.

K08.

K09.

K10.

K11.

K12.

K13.

K14.

K15.

K16.

K17.

K18.

K19

K20

K21.

2015/2/2 V1.1+V1.1

3. ASSEMBLE STEPS

■STEP 1 ASSEMBLE FRAME AND CONTROL TUBE

Make wire of frame(A) through control tube(B) and tighten control tube(B) on frame(A) with cks hex screw(K01), spring washer(K02) and washer(K03).
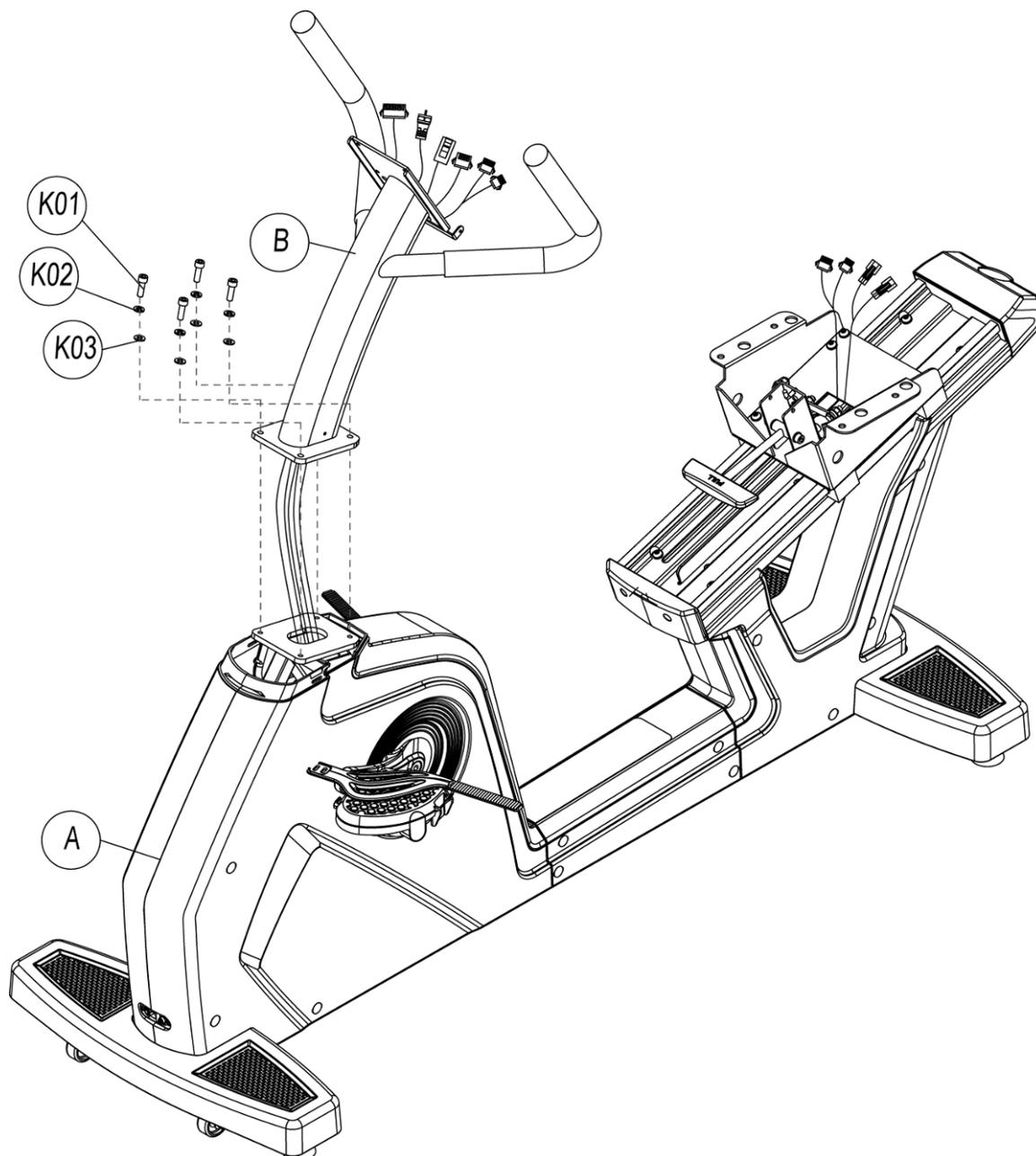
■STEP 2 ASSEMBLE CONTROL TUBE AND COTNROL TUBE DECORATIVE COVER

Tighten control tube decorative cover(F) with truss cross screw(K04) and truss cross self-tapping screw(K04) as figure showing, then cover screw head cover (L).

X01 : Lower control wire

X02 : Network connecting wire lower

X03 : TV cable lower

X04 : Hand grip pulse wire middle

X05 : Hand grip instant key connecting wire middle
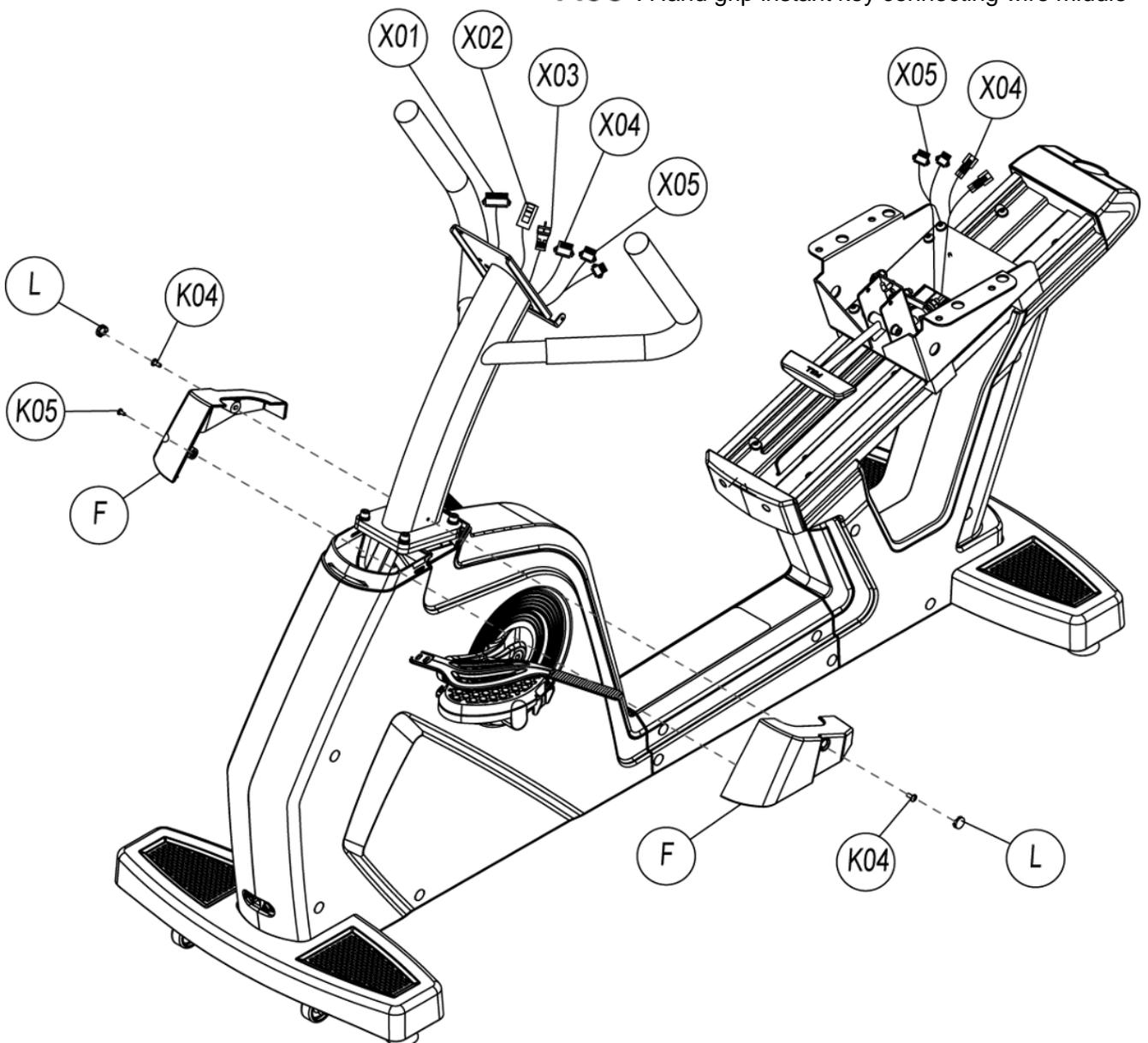
■STEP 3 ASSEMBLE CONTROL TUBE AND COMPUTER

Connecting the wires of computer(C) and control tube(B) and tighten with truss cross screw(K06) as figure showing, when assemble, please confirm that it has be locked to avoid the computer releasing and damaging.

Caution:

- When assemble handle bar and computer, maybe need you sit down and confirm if there is iron tube upon you to avoid the hurt that hitting on the tube.
- When assemble, please aim at the hole and confirm the way of computer.
- The wires matched with computer must match with computer's hole to avoid breaking the wire and cause short circuit.
- When assemble, it need two or more than two people at least. One holds the computer and the other connects the wires and tighten it.

X06: Hand grip instant key connecting wire upper
X07: Hand grip instant key connecting wire upper
X08: Hand grip pulse wire upper
X09: Control wire upper
X10: Hand grip pulse wire upper
X11: Networking connecting wire upper
X12 : TV cable
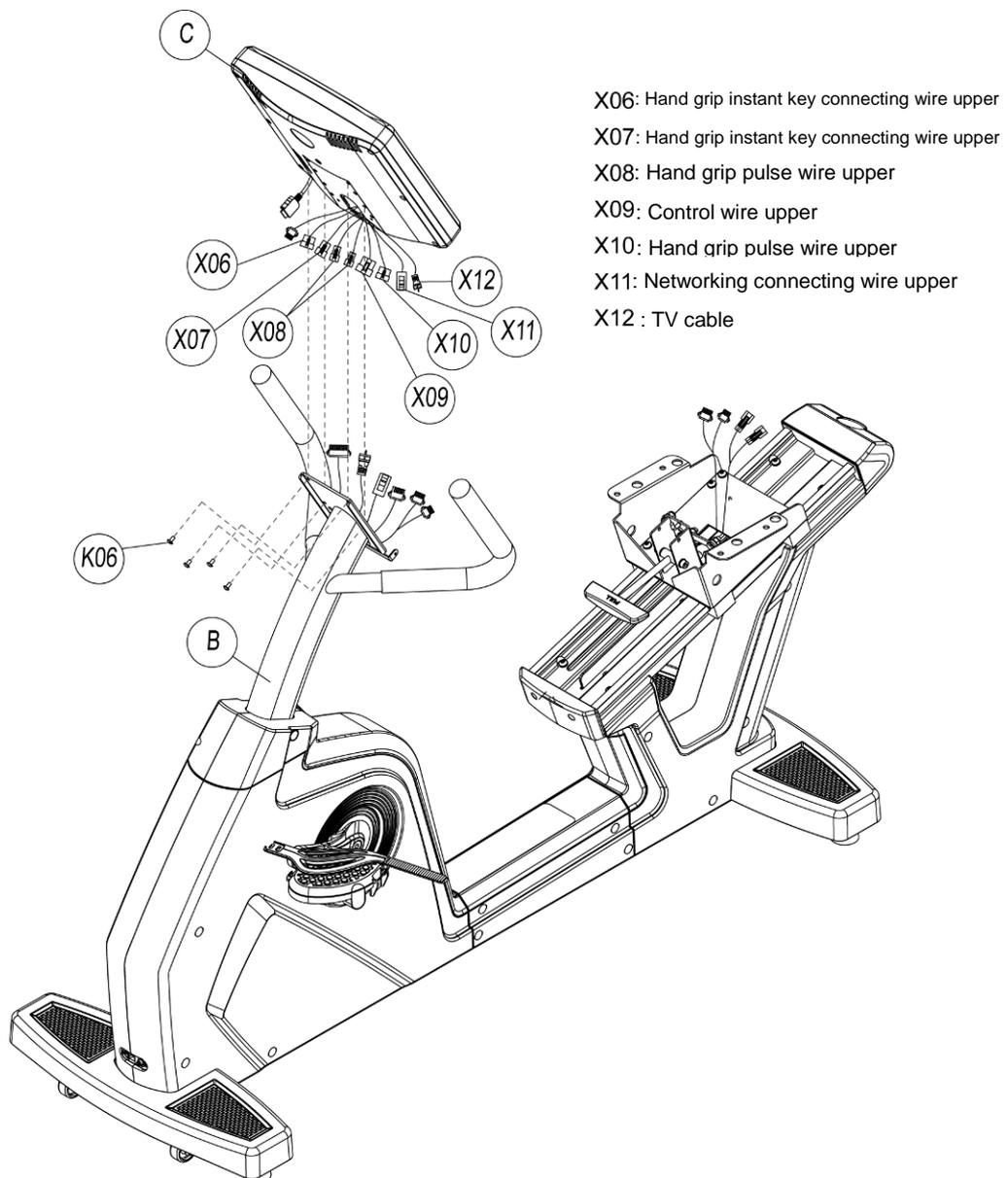
■STEP 4 ASSEMBLE COMPUTER DEOCRATIVE COVER, FLASK HOLDER AND COMPUTER CONTROL TUBE

Tighten computer decorative cover front(H) on control tube with truss cross screw(K19) as below figure showing, and fix the stuff holder(I) with truss cross self-tapping screw(K20), then tighten flask holder(J) on control tube with truss cross screw(K08). At last, fix lower computer decorative cover (G) on computer with truss cross screw(K07).
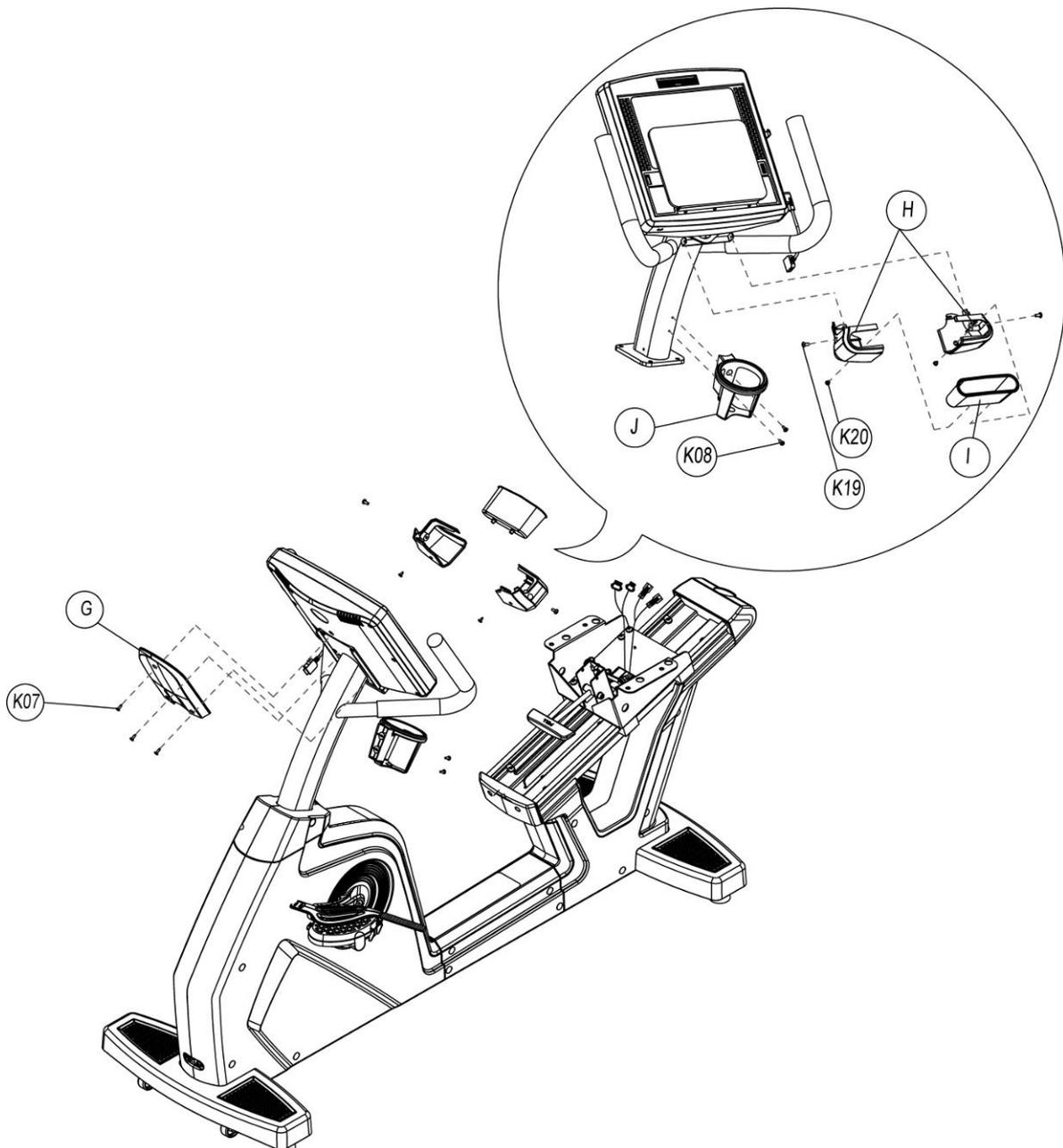
■STEP 5 ASSEMBLE HANDRAIL AND SEAT

Tighten seat(D) and handrail tube(E) with stainless steel cks hex screw(K09) & spring washer(K10), washer(K11).
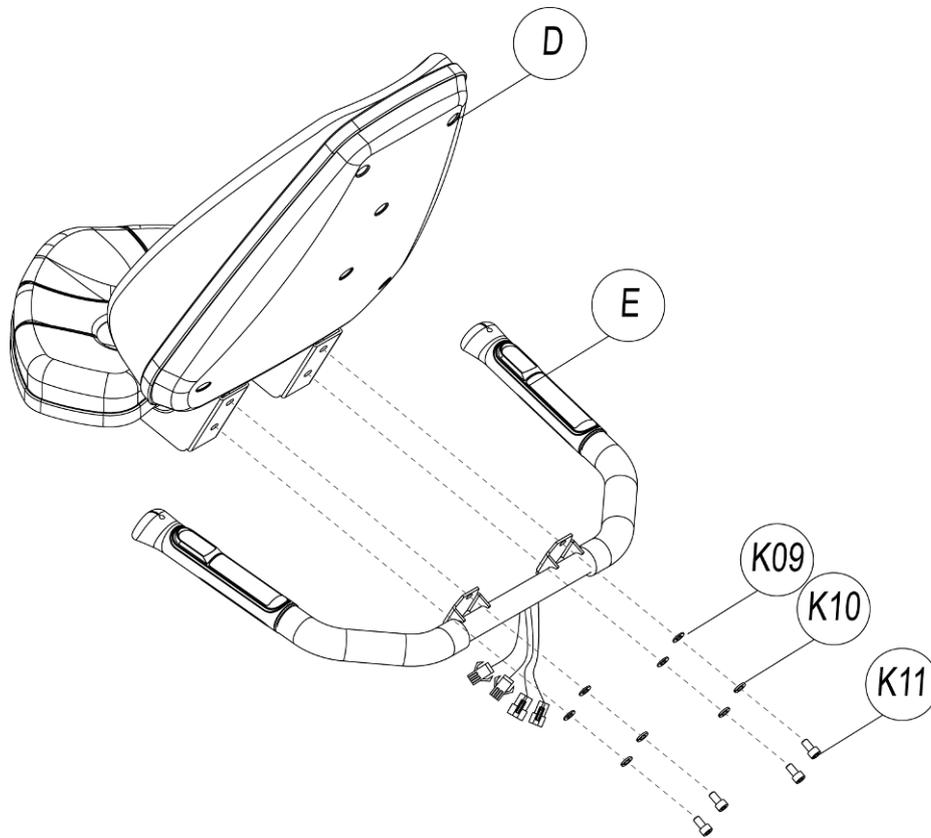
■STEP 6 ASSEMBLE FRAME AND SEAT

Insert hand grip pulse wire of seat handle bar into the socket of frame slipping rail, then tighten seat(D) with stainless steel cks hex screw(K12) & spring washer(K13), washer(K14) as figure showing.

Caution:

● When assemble, it need two or more than two people at least. One holds the seat and the other connects the wires and tighten it.
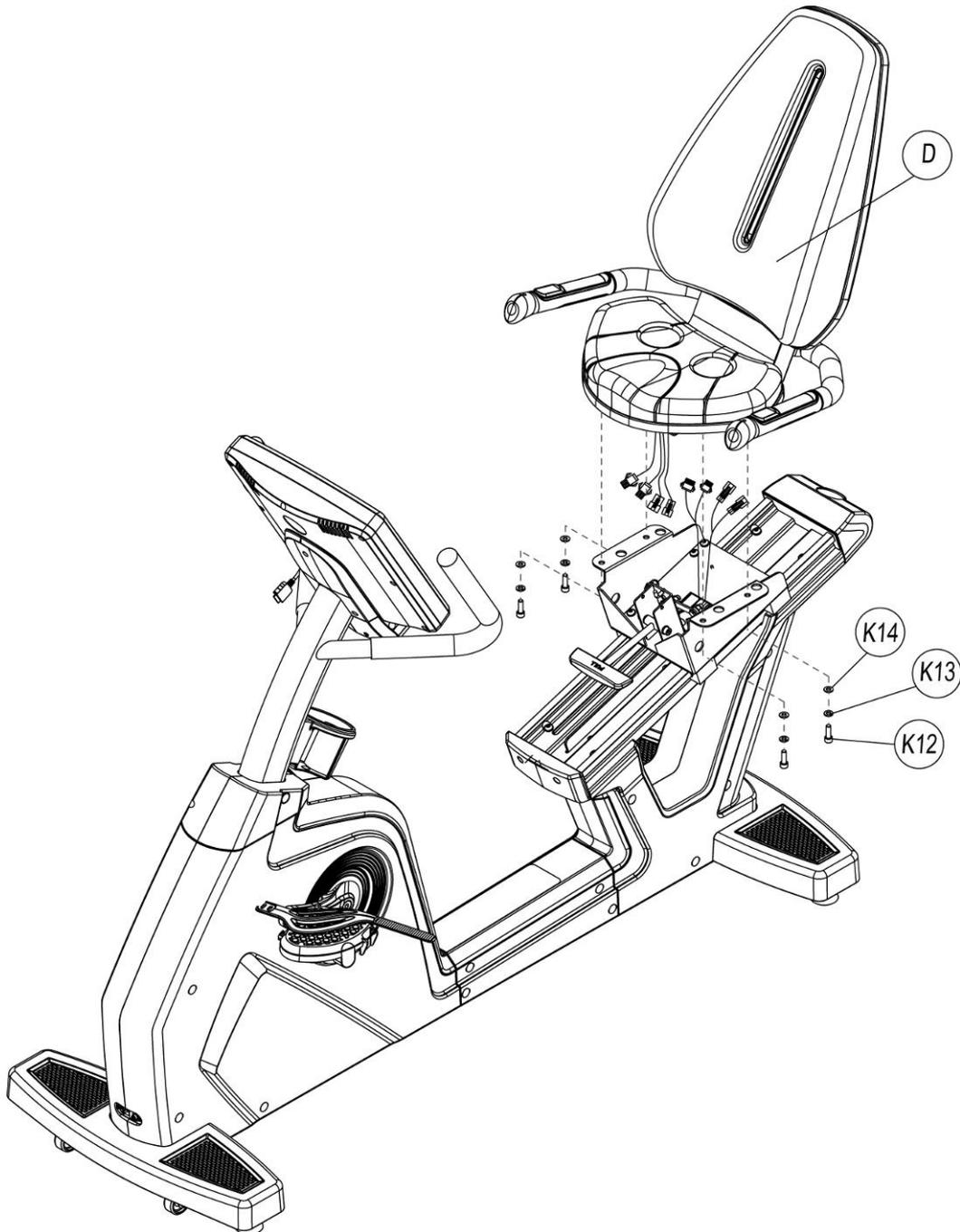
■STEP 7 ASSEMBLE LOWER SEAT COVER AND FRAME

Tighten lower seat cover(K) with stainless steel round head cross s crew [with inner toothed washer(K15)] and truss cross self-tapping screw(K16) , washer (K21)as figure showing, and the assembly finished.
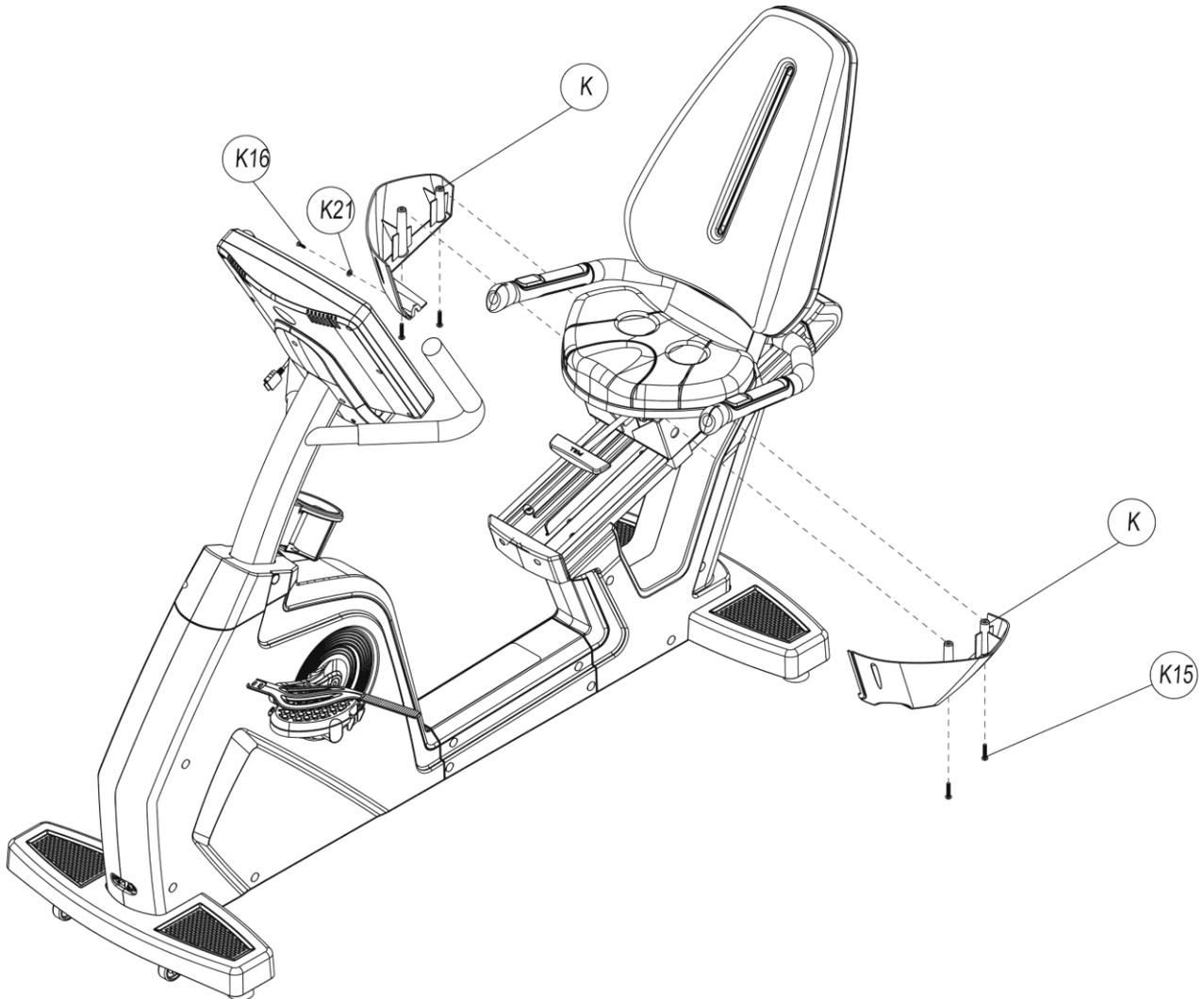
4. COMPUTER SPEC.

4.1. WINDOWS INSTRUCTION

This computer is LED windows, display function as WORKLEVEL, RPM, DISTANCE, WATT, PEED(KMH/MLH), TIME, CALORIES, HEART RATE and HR light, PROGRAM figure.

1. Resistance LEVEL is 40 levels, when at 60 RPM, the max WATT value is 400W.
2. Fan:
   - During program working, enter PAUSE Mode and resistance will auto-adjust to the min value, fan will auto-turn off. If there is no action within 20 seconds, it will enter Sleep Mode and all data will disappear.
   - Under PAUSE Mode, make the RPM value over 40 by the way of stepping can start program and go on working.

4.2. WINDOWS DISPLAY AND START FOR POWER ON

Under POWER ON condition, data windows will show software versions date" and then enter start/steady windows after 1s.

1. Start/steady mode:

   - After showing the versions, program windows will show figure 『---』 and data windows will show words 『SELECT PROGRAM OR QUICK START』. The word will be different by the different languages.

2. Sleep Mode：

   - Under start/steady condition: if there is no RPM signal input within 30 seconds before enter Sleep Mode, program windows will light 21 lights and if you do not step the pedal, the light will turn off 1 per second as clockwise. After the 21 lights of program windows turn off and it will auto enter Sleep Mode.(this function only can be started under POWER=OFF condition in program)
   - Under fitness condition, if there is no RPM signal input within 20 seconds, it will enter Sleep Mode and LED of computer will all auto turn off.
   - When user steps the pedal and RPM is over 25 or use press any key of computer, computer will be auto lighted and back to start/steady windows.

4.3. Key Functions

1. QUICK START: press QUICK START KEY, computer will start as MANUAL MODE and account all function value as positive number.

2. STOP：when computer works, press STOP KEY once can pause all function's accounting, press the TOP KEY twice can stop the program.

3. LEVEL ▲: this key can be used for PEOFILE function selecting and during program working, it can be used for resistance increasing function.

4. LEVEL ▼: this key can be used for PEOFILE function selecting and during program working, it can be used for resistance decreasing function.

5. FAN ON/OFF: power switch of fan.

6. LOCK：when computer works, this key is the switch of data windows.

7. GOAL：this key is program control's instant key, press this key can enter GOAL program windows directly.

8. HRC：this key is program control's instant key, press this key can enter HRC program windows directly.

9. WATT：this key is program control's instant key, press this key can enter WATT program windows directly.

10. TEST : this key is program control's instant key, press this key can enter TEST program windows directly.

11. P1：this key is program control's instant key, press this key can enter P1 program windows directly.

12. P2：this key is program control's instant key, press this key can enter P2 program windows directly.

13. ENTER：press this key enter data setting and it also can be used for confirming modify the set or value.

14. CLEAR：clear the parameter that input before.

15. 0~9 NUMBER KEYS：total 10 KEY. You can input PROGRAM parameter as age, weight, training time and so on. During program working, you can adjust the level of resistance by pressing number key.

4.4. PROGRAM CONTROLLING FUNCTION
4.4.1. General mode

1. Select Manual Mode, program control windows will show figure 『---』, data windows will show words 『SELECT PROGRAM OR QUICK START』. Press Quick Start Key and all

value start accounting, default resistance is Level 1 and it will change once per minute. When RPM is not enough, program windows will show figure 『RPM↑』 and then it will enter PAUSE mode after 5 seconds.

2. During program works, data windows will show below information:

- metric 『KMH』: show 『LEVEL』, 『RPM』, 『DIST』, 『WAT』 1s first and show value 10 seconds. Then windows show 『LEVEL』, 『KMH』, 『TIME』, 『CAL』 1s and show value 10 seconds.

- Imperial 『MLH』: show 『LEVEL』, 『RPM』, 『DIST』, 『WAT』 1s and show value 10 seconds, then show 『LEVEL』, 『MLH』, 『TIME』, 『CAL』 1s and show value 10 seconds.

3. When program finish, data windows will show below information：

- Metric 『KMH』:

  『EXERCISE TIME =』 moving words shown first and then show 『HHMMSS= 0.00.00』

  『DISTANCE COVERED =』 moving words shown first and then show 『KM= 0.0』

  『AVERAGE SPEED =』 moving words shown first and then show 『KMH= 0.0』

  『CALORIES BURNT =』 moving words shown first and then show 『KCAL= 0.0』

  『AVERAGE WATTS =』 moving words shown first and then show 『WATTS= 0.0』

『AVERAGE METS =』 moving words shown first and then show 『METS= 0.0』

● Imperial 『MLH』:

『EXERCISE TIME =』 moving words shown first and then show 『HHMMSS= 0.00.00』

『DISTANCE COVERED =』 moving words shown first and then show 『ML= 0.0』

『AVERAGE SPEED =』 moving words shown first and then show 『MLH= 0.0』

『CALORIES BURNT =』 moving words shown first and then show 『KCAL= 0.0』

『AVERAGE WATTS =』 moving words shown first and then show 『WATTS= 0.0』

『AVERAGE METS =』 moving words shown first and then show 『METS= 0.0』

4.4.2. P 1 MODE：it is PROGRAMS MODE

1. Under start/steady windows, press P1, program windows will show 『PROGRAM 1figure』,data windows will move left and show 『PRESS THE ARROWS TO SELECT PROGRAM』 and 『PRESS ENTER TO BEGIN PROFILE.』 2 words.

2. You can use LEVEL▲、LEVEL▼ to select PROGRAM 1, PROGRAM 2, PROGRAM 3

for 3 PROGRAMS, when USER selects the PROGRAM and press ENTER to go on setting weight.

3. Weight set：data windows moves left and show words『ENTER WEIGHT <30-199>KG』

(or show words 『ENTER WEIGHT <70- 440>LBS』), USER can input weight by

pressing number 0~9. Program windows will flash and its default value is 30, input the value. If you press number key for modify and you must input 2~3 numbers(range is 30 ~ 199). For the unreasonable value, systems will auto show max or min value. Press the reasonable value and press ENTER to store the value and go to set the fitness time.

4. Fitness time setting：program windows will flash and show time default value 10 mins,

data windows will show words 『ENTER TIME <10-60>MINUTES』.(range is 10 ~ 60).

User can input training time by pressing number 0~9, then press Enter key store and start the program. If you want to modify the set value, please press CLEAR key.

5. During program working, user can press LEVEL▲, LEVEL▼ key to change WORKOUT LEVEL, total 4 levels for selecting.

6. When program finishing or working, press STOP Key and program windows will auto show original Profile figure, data windows will show below training accounting items for 2 seconds by turns for twice, then program will back to start/steady condition.

7. During program working, data windows will show below information：

    ● metric 『KMH』:

    Show 『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10

    seconds, then show 『LEVEL』、『KMH』、『TIME』、『CAL』 first for 1s and show

    value for 10 seconds.

    ● imperial 『MLH』:

    Show 『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10

    seconds, then show 『LEVEL』、『MLH』、『TIME』、『CAL』 first for 1s and show

    value for 10 seconds.

8. When program finished, data windows will show below information：

- metric 『KMH』:

  『EXERCISE TIME =』 moving words shown first and then show 『HHMMSS= 0.00.00』

  『DISTANCE COVERED =』 moving words shown first and then show 『KM= 0.0』

  『AVERAGE SPEED =』 moving words shown first and then show 『KMH= 0.0』

  『CALORIES BURNT =』 moving words shown first and then show 『KCAL= 0.0』

  『AVERAGE WATTS =』 moving words shown first and then show 『WATTS= 0.0』

  『AVERAGE METS =』 moving words shown first and then show 『METS= 0.0』

- imperial 『MLH』:

  『EXERCISE TIME =』 moving words shown first and then show 『HHMMSS= 0.00.00』

  『DISTANCE COVERED =』 moving words shown first and then show 『ML= 0.0』

  『AVERAGE SPEED =』 moving words shown first and then show 『MLH= 0.0』

『CALORIES BURNT =』moving words shown first and then show 『KCAL=

0.0』

『AVERAGE WATTS =』moving words shown first and then show 『WATTS=

0.0』

『AVERAGE METS =』moving words shown first and then show 『METS=

0.0』

4.4.3. P 2 MODE：it is INTERVALS MODE

1. Under start/steady windows, press P2 key, program windows will show figure

   『INTERVAL 1』. Data windows moves left and show 『PRESS THE ARROWS TO

   SELECT PROGRAM』and 『PRESS ENTER TO BEGIN PROFILE.』2 kinds of words.

2. User can use LEVEL▲, LEVEL▼ to select INTERVAL 1、INTERVAL 2、INTERVAL 3 of

   3 INTERVALS. When USER selects PROGRAM and press ENTER, then go to weight
   setting.

3. Weight setting：data windows will move left and show words 『ENTER WEIGHT

   <30-199>KG』(or show 『ENTER WEIGHT <70- 440>LBS』words).USER can use

   number key 0~9 to input weight, program windows will flash and show default value 30.
   Press number key for modify must input 2~3 number(range is 30 ~ 199). For the
   unreasonable value, systems will auto show max or min value. Press the reasonable
   number, then press ENTER to store it and go to set fitness time.

4. Fitness time set：program windows will flash and show time default value10 mins, data

   windows will show words 　『ENTER TIME <10-60>MINUTES』.(range is 10 ~ 60),

   USER can input 0~9 number for training time, then press Enter to store it and start
   program. If you want to modify the set value, please press CLEAR key.
5. During program working, user can press LEVEL▲, LEVEL▼ key to change
   WORKOUT LEVEL, total 4 levels for selecting.
6. When program finishing or working, press STOP Key and program windows will auto

show original Profile figure, data windows will show below training accounting items for 2 seconds by turns for twice, then program will back to start/steady condition.

7. During program working, data windows will show below information：

● metric 『KMH』:

show 『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10 seconds, then show『LEVEL』、『KMH』、『TIME』、『CAL』 first for 1s and show value for 10 seconds.

● imperial 『MLH』:

show 『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10 seconds, then show『LEVEL』、『MLH』、『TIME』、『CAL』 first for 1s and show value for 10 seconds.

8. When program finished, data windows will show below information：

● metric 『KMH』:

『EXERCISE TIME =』 moving words shown first and then show 『HHMMSS= 0.00.00』

『DISTANCE COVERED =』 moving words shown first and then show 『KM= 0.0』

『AVERAGE SPEED =』 moving words shown first and then show 『KMH= 0.0』

『CALORIES BURNT   =』 moving words shown first and then show 『KCAL= 0.0』

『AVERAGE WATTS =』 moving words shown first and then show 『WATTS=

0.0 』

『AVERAGE METS = 』 moving words shown first and then show 『METS=

0.0 』

- imperial 『MLH』:

『EXERCISE TIME = 』 moving words shown first and then show 『HHMMSS=

0.00.00 』

『DISTANCE COVERED = 』 moving words shown first and then show 『ML=

0.0 』

『AVERAGE SPEED = 』 moving words shown first and then show 『MLH=

0.0 』

『CALORIES BURNT = 』 moving words shown first and then show 『KCAL=

0.0 』

『AVERAGE WATTS = 』 moving words shown first and then show 『WATTS=

0.0 』

『AVERAGE METS = 』 moving words shown first and then show 『METS=

0.0 』

4.4.4. TEST MODE：it is FITNESS TEST MODE

1. Under start/steady windows, press TEST key, program windows will show figure
   『MALE TEST』 or 『FEMALE TEST』. Data windows moves left and show 『PRESS

   THE ARROWS TO SELECT PROGRAM』and『PRESS ENTER TO BEGIN PROFILE. 』
   2 kinds of words.

2. Age set：press ENTER key for age setting, data windows will show words 『ENTER

AGE<10-99>』, when user use number 0~9 to input age, data windows will show

『AGE= xxx』 and flash the input value. If the input age is lower than 10, data windows

will show 『AGE= 10』 and windows will flash the min value to remind user input again.

If the input age is more than 99, data windows will show 『AGE= 99』 and windows will

flash the min value to remind user input again. The age range is 10~99 years. After
finishing the age input, press ENTER to store the value and program windows will
show "OK" and it will start program after 1s. When the time is clockwise for 10 seconds,
the default resistance value is level 1. When RPM is not enough, program windows will

show figure 『RPM↑』 and enter PAUSE mode after 5 seconds.

3. During program working, program windows information as：default figure is Level 1.

User can't press Up, Down Key for modify. The working way as WATT control mode,
the only one different point is default value for male is 150W and for female is 100W.

4. TEST MODE contrast table：if Distance is 0 and the accounting value will be 0. If there

is no HR, the accounting value also will be 0.

TEST MODE LIST

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

5. During program working, data windows will show below information：

- metric 『KMH』:

  show 『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10 seconds, then show『LEVEL』、『KMH』、『TIME』、『CAL』 first for 1s and show value for 10 seconds.

- imperial 『MLH』:

  show 『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10 seconds, then show『LEVEL』、『MLH』、『TIME』、『CAL』 first for 1s and show value for 10 seconds.

6. When program finished, data windows will show below information：

- metric 『KMH』:

  『EXERCISE TIME =』 moving words shown first and then show 『HHMMSS= 0.00.00』

  『DISTANCE COVERED =』 moving words shown first and then show 『KM= 0.0』

  『AVERAGE SPEED =』 moving words shown first and then show 『KMH= 0.0』

  『CALORIES BURNT =』 moving words shown first and then show 『KCAL= 0.0』

  『AVERAGE WATTS =』 moving words shown first and then show 『WATTS= 0.0』

『AVERAGE METS =』 moving words shown first and then show 『METS=

0.0』

- imperial 『MLH』:

  『EXERCISE TIME =』 moving words shown first and then show 『HHMMSS=

  0.00.00』

  『DISTANCE COVERED =』 moving words shown first and then show 『ML=

  0.0』

  『AVERAGE SPEED =』 moving words shown first and then show 『MLH=

  0.0』

  『CALORIES BURNT =』 moving words shown first and then show 『KCAL=

  0.0』

  『AVERAGE WATTS =』 moving words shown first and then show 『WATTS=

  0.0』

  『AVERAGE METS =』 moving words shown first and then show 『METS=

  0.0』

4.4.5. HRC MODE：it is HRC MODE

1. Under start/steady windows, press HRC key, program windows will show figure 『HR

   FIGURE』. Data windows moves left and show words 『PRESS ENTER TO BEGIN

   PROFILE.』.

2. Press ENTER key, program windows will flash and show "60%", data windows will

move left and show words 『PRESS LEVEL UP/DOWN TO SELECT PROFILE.』. Then

press LEVEL ▲ or LEVEL ▼to select other PROFILE of HRC. HRC total has 60 %、

65%、70%、75%、80%、85% of 6 kinds HRC mode.

3. When you select the HR program value, program windows will show the value and flash, press ENTER to enter age setting steps.

4. Age setting steps: at this time, program windows will flash and show default value "30",

   data windows will show 『ENTER AGE<10-99>』. User can input number 0~9 to input

   your age. When the value input is lower than 10, computer will not accept and will show the min value 10 in program windows. When the value input is more than99, computer will also not accept and will show the max value 99 in program windows. Ages setting range is 10~99 years. When finished age setting, press ENTER for storing and go to training time setting.

5. HR set value accounting formula=(220-AGE)*HR program controlling value

6. Training time set：at this time, program windows will flash and show training time's

   default value "10", data windows will show 『ENTER TIME <10-60>MINUTES』. USER

   can input number 0~9 to set training time. When the input training time is lower than10, computer will not accept and will show the min value 10 in program windows. When the value input is more than 60, computer will also not accept and will show the max value 60 in program windows. Training time's range is 10~60mins. After finishing the training time setting, press ENTER key, program windows will flash and show "THR" for 2 seconds, then start program.

7. When program finishing or working, press STOP Key and program windows will auto show original Profile figure, data windows will show below training accounting items for 2 seconds by turns for twice, then program will back to start/steady condition.

8. During program working, data windows will show below information：

   ● metric 『KMH』: show 『LEVEL』、『RPM』、『DIST』、『WAT』1first for 1s and show

     value for 10 seconds, then show 『LEVEL』、『KMH』、『TIME』、『CAL』 first for 1s

     and show value for 10 seconds.

   ● imperial 『MLH』: show 『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show

value for 10 seconds, then show 『LEVEL』、『MLH』、『TIME』、『CAL』 first for 1s and show value for 10 seconds.

9. When program finished, data windows will show below information：

- metric 『KMH』:

    『EXERCISE TIME =』moving words shown first and then show 『HHMMSS= 0.00.00』

    『DISTANCE COVERED =』moving words shown first and then show 『KM= 0.0』

    『AVERAGE SPEED =』moving words shown first and then show 『KMH= 0.0』

    『CALORIES BURNT =』moving words shown first and then show 『KCAL= 0.0』

    『AVERAGE WATTS =』moving words shown first and then show 『WATTS= 0.0』

    『AVERAGE METS =』moving words shown first and then show 『METS= 0.0』

- imperial 『MLH』:

    『EXERCISE TIME =』moving words shown first and then show 『HHMMSS= 0.00.00』

    『DISTANCE COVERED =』moving words shown first and then show 『ML=

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0.0 』

『AVERAGE SPEED = 』 moving words shown first and then show 『MLH=

0.0 』

『CALORIES BURNT = 』 moving words shown first and then show 『KCAL=

0.0 』

『AVERAGE WATTS = 』 moving words shown first and then show 『WATTS=

0.0 』

『AVERAGE METS = 』 moving words shown first and then show 『METS=

0.0 』

10. HR CONTROL MODE：Default HR control mode is 50W, when computer detected the

    HR and will judge the HR value per 10 seconds.

    ● Under fitness condition, program will contrast the actual HR value with the set HR
       value, the judge method as below:

       When actual HR value≦set HR value for 15, WATT will auto increase 20, it can up

       to 400WATT.

       When actual HR value≦set HR value for 5, WATT will auto increase 10, it can up to

       400WATT.

       If actual HR value≧set HT value for 5, WATT will auto decrease 20, it can down to

       50WATT..

       If actual HR value≧set HT value for 15, WATT will auto decrease 20, it can down to

       50WATT.

       If actual HR value≧set HT value for 30, program will decrease the WATT to

       50WATT. Till the actual HR value≦set HT value for 5 and program will go on

       working.

- During fitness, if there is no wireless signal detected, windows will show "NO PULSE" words. If the time is up to 60 seconds, it will enter PAUSE mode.

- When PRM is lower than 40, program windows will show figure『RPM↑』and enter PAUSE mode after 5 seconds.

- HR CONTROL mode only can be used with wireless pulse and the hand grip pulse is no function under this mode.

- During program working, data windows will show below information：default figure is Level 1, press Up、Down Key can't modify it.

4.4.6. WATT MODE：it is WATT CONTROL MODE

1. Under start/steady window, press WATT, program windows will show 『WATT』,Data windows moves left and show words 『PRESS ENTER TO BEGIN PROFILE.』

2. Press ENTER to modify Target WATT. Data windows moves left and show words 『ENTER WATT <25-400>』, USER can input number 0~9 to input Target WATT, Data windows will show 『WATTS=　　　　xxx』 and flash the input value. Press the number key for modify must be 2~3 numbers(range is 25 ~ 400). Unreasonable value will auto change to show min or max value, input the reasonable value and press ENTER to confirm and store it.

3. Press ENTER for time modify, data windows will show words 『ENTER TIME <10 - 60 > MINUTOS』, (range is10 ~ 60). Program windows show default value 『10』 and flash the value. Press number 0~9 for modify and you must input 2 numbers(range is 10 ~ 60). Unreasonable value will auto display default value, input the reasonable value and press ENTER to confirm the value and start program.

4. After finishing the set of last item's time, press Enter Key and all value start accounting. The default resistance value is Level 1 and it will change once per minute. When PRM is lower than 40, program windows will show figure 『RPM↑』 and enter PAUSE mode after 5 seconds.

5. When program finishing or working, press STOP Key and program windows will auto show original Profile figure, data windows will show below training accounting items for 2 seconds by turns for twice, then program will back to start/steady condition.

6. During program working, data windows will show below information：

- metric『KMH』: show『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10 seconds, then show『LEVEL』、『KMH』、『TIME』、『CAL』 first for 1s and show value for 10 seconds.

- imperial『MLH』: show『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10 seconds, then show『LEVEL』、『MLH』、『TIME』、『CAL』 first for 1s and show value for 10 seconds.

7. When program finished, data windows will show below information：

metric『KMH』:

『EXERCISE TIME =』 moving words shown first and then show『HHMMSS=　　0.00.00』

『DISTANCE COVERED =』 moving words shown first and then show『KM=　　0.0』

『AVERAGE SPEED =』 moving words shown first and then show『KMH=　　0.0』

『CALORIES BURNT =』 moving words shown first and then show『KCAL=　　0.0』

『AVERAGE WATTS =』 moving words shown first and then show『WATTS=　　0.0』

『AVERAGE METS =』 moving words shown first and then show『METS=　　0.0』

imperial『MLH』:

『EXERCISE TIME =』 moving words shown first and then show『HHMMSS=　　0.00.00』

『DISTANCE COVERED =』 moving words shown first and then show『ML=　　0.0』

『AVERAGE SPEED =』 moving words shown first and then show『MLH=　　0.0』

『CALORIES BURNT =』 moving words shown first and then show『KCAL=　　0.0』

『AVERAGE WATTS =』 moving words shown first and then show『WATTS=　　0.0』

『AVERAGE METS =』 moving words shown first and then show 『METS=　　　　0.0』

8. WATT CONTROL MODE：

  - Under fitness condition, when WATT value is lower than 25W, program windows will show figure 『RPM↑』.

  - Under fitness condition, when WATT value is more than 400W,program windows will show figure 『RPM↓』.

  - Under fitness condition, if the LEVEL is up to 40 and WATT value can't up to target value, program windows will show 『RPM↑』.

  - After fitness mode starting, program will judge the WATT value per 10 seconds. Under fitness condition, program will contrast the actual WATT value and target WATT value, the judge method as below:

    If target WATT value：『actual WATT≦target WATT for 75』,during fitness and LEVEL will auto increase 3, the max value can up to LEVEL 40.

    If target WATT value：『actual WATT≦target WATT for 50』,during fitness and LEVEL will auto increase 2, the max value can up to LEVEL 40.

    If target WATT value：『actual WATT≦target WATT for15』,during fitness and LEVEL will auto increase 1, the max value can up to LEVEL 40.

    If target WATT value：『actual WATT≧target WATT for 15』,during fitness and LEVEL will auto decrease 1, the max value can down to LEVEL 1.

    If target WATT value：『actual WATT≧target WATT for 50』,during fitness and LEVEL will auto decrease 2, the max value can down to LEVEL 1.

    If target WATT value：『actual WATT≧target WATT for 75』,during fitness and LEVEL will auto decrease 3, the max value can down to LEVEL 1.

4.4.7. GOAL MODE：it is clockwise mode

1. Under start/steady windows, press GOAL key can enter MANUAL MODE clockwise mode, data windows moves left and show words 『1.TIME　2.DISTANCE

3.CALORICES』.

2. Use number key(1~3key) to select clockwise item and press ENTER to go to age setting steps.

3. Age setting steps : at this time, program windows will flash and show default value "30", data windows will show 『ENTER AGE<10-99>』. USER can press 0~9number key to input your age. When the input age is lower than 10, computer will not accept and will show the min value 10 in program windows. When the value input is more than 99, computer will also not accept and will show the max value 99 in program windows. Ages setting range is 10~99 years. When finished age setting, press ENTER for storing and go to weight setting.

4. Weight set：data windows moves left and show words『ENTER WEIGHT <30-199>KG』 (or show words 『ENTER WEIGHT <70- 440>LBS』), USER can input weight by pressing number 0~9. Program windows will flash and its default value is 30, input the value. If you press number key for modify and you must input 2~3 numbers(range is 30 ~ 199). For the unreasonable value, systems will auto show max or min value. Press the reasonable value and press ENTER to store the value and go to set the clockwise items.

5. Clockwise item is below 3 kinds, program will work as the item you enter GOAL selected.

   ● TIME SET：program windows will show time default value 10 mins, data windows will show words 『ENTER TIME <10-60>MINUTES』,(range is 10 ~ 60). User can press number 0~9 to input training time. After finishing the set, press ENTER key to start this program.

   ● DISTANCE SET : program windows will show distance default value 10 KMH, data windows will show reminding words 『ENTER DISTANCE <1.0-99.9>KM』.USER can press number 0~9 to input training distance. After finishing the set, press ENTER key to start this program. Training distance set range is 1.0~99.9KMH.

   ● CALORIE SET：program windows will show calories default value, data windows will show reminding words『ENTER CALORIES <1-999>KCAL』. USER can press

number 0~9 to input training calories. After finishing the set, press ENTER key to start this program. Training distance set range is 1~999 Kcal.

6. During program working, user can press LEVEL▲, LEVEL▼ key to change WORKOUT LEVEL, total L1~L40 levels for selecting.

7. When program finishing or working, press STOP Key and program windows will auto show original Profile figure, data windows will show below training accounting items for 2 seconds by turns for twice, then program will back to start/steady condition.

8. During program working, data windows will show below information：

   ● metric 『KMH』：

   show 『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10

   seconds, then show『LEVEL』、『KMH』、『TIME』、『CAL』 first for 1s and show value

   for 10 seconds.

   ● imperial 『MLH』：

   show 『LEVEL』、『RPM』、『DIST』、『WAT』 first for 1s and show value for 10

   seconds, then show『LEVEL』、『MLH』、『TIME』、『CAL』 first for 1s and show value

   for 10 seconds.

9. When program finished, data windows will show below information：

   ● metric 『KMH』：

   『EXERCISE TIME =』 moving words shown first and then show 『HHMMSS=

   0.00.00』

   『DISTANCE COVERED =』 moving words shown first and then show 『KM=

   0.0』

   『AVERAGE SPEED =』 moving words shown first and then show 『KMH=

   0.0』

『CALORIES BURNT =』moving words shown first and then show『KCAL=
0.0』

『AVERAGE WATTS =』moving words shown first and then show『WATTS=
0.0』

『AVERAGE METS =』moving words shown first and then show『METS=
0.0』

- imperial『MLH』:

『EXERCISE TIME =』moving words shown first and then show『HHMMSS=
0.00.00』

『DISTANCE COVERED =』moving words shown first and then show『ML=
0.0』

『AVERAGE SPEED =』moving words shown first and then show『MLH=
0.0』

『CALORIES BURNT =』moving words shown first and then show『KCAL=
0.0』

『AVERAGE WATTS =』moving words shown first and then show『WATTS=
0.0』

『AVERAGE METS =』moving words shown first and then show『METS=
0.0』

5. PROFILE FIGURE:

5.1. P 1 FIGURE:

PROGRAM 1 PROFILE
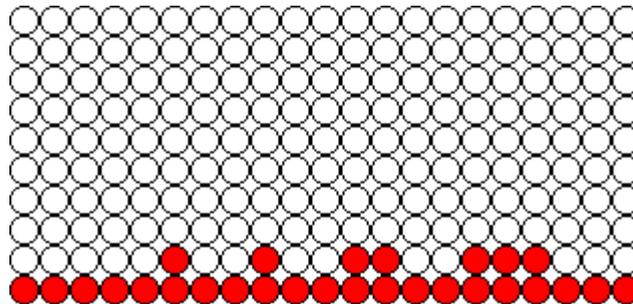
PROGRAM 2 PROFILE

PROGRAM 3 PROFILE

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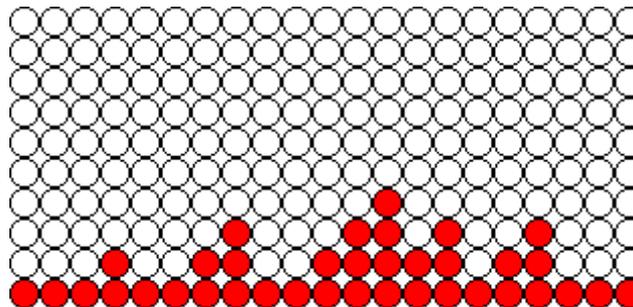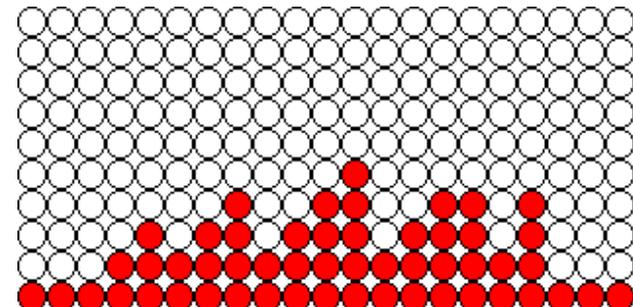
5.2. P 2 FIGURE:

INTERVAL 1 PROGRAM：
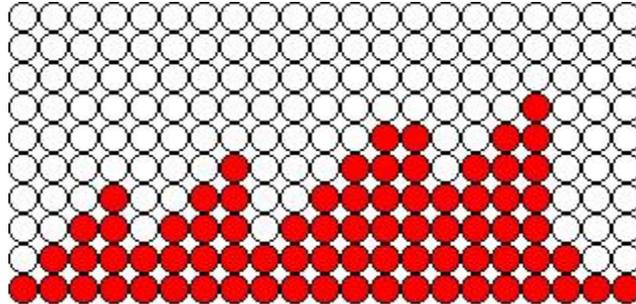
INTERVAL 2 PROGRAM：
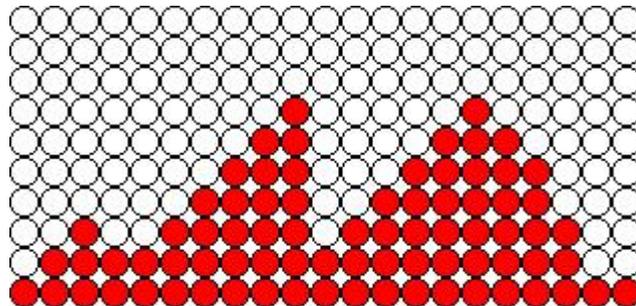
INTERVAL 3 PROGRAM：
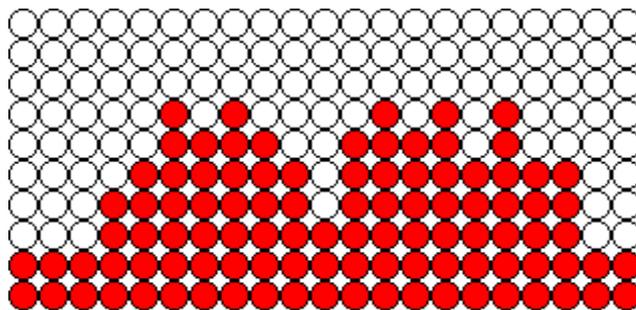
5.3. TEST FIGURE:

FITNESS TEST：
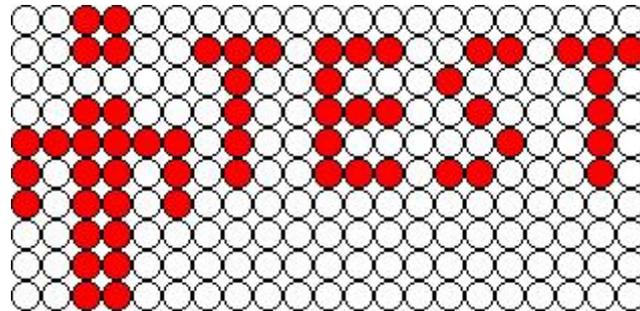
TEST-MALE
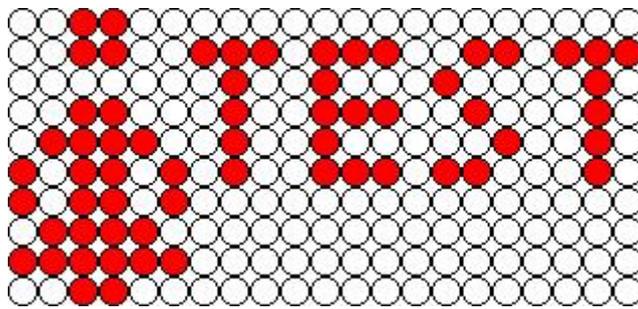
TEST-FEMALE

5.4. HRC FIGURE:

HRC：
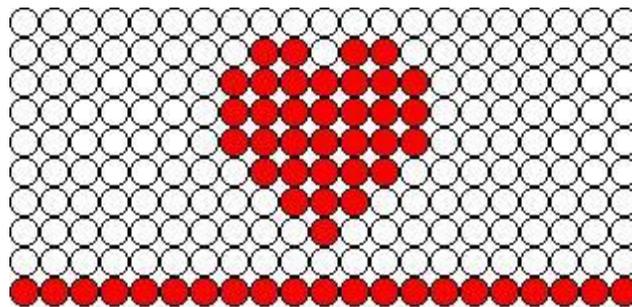
5.5. WATT FIGURE:

WATT CONTROL：

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