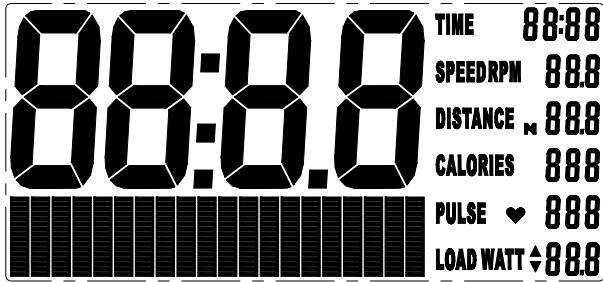
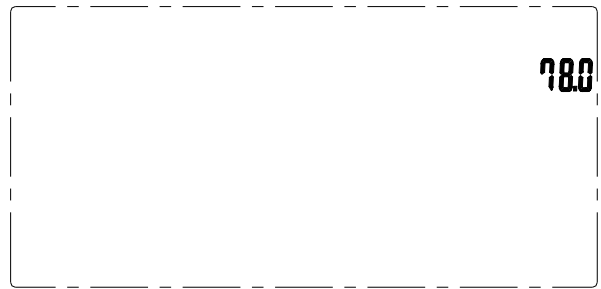


1. Power on, LCD will display segment for 2 seconds with long beep sound. (drawing1), and display wheel diameter (drawing2) then enter calendar setting mode.

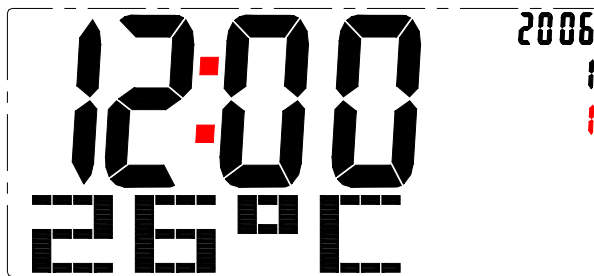


drawing 1

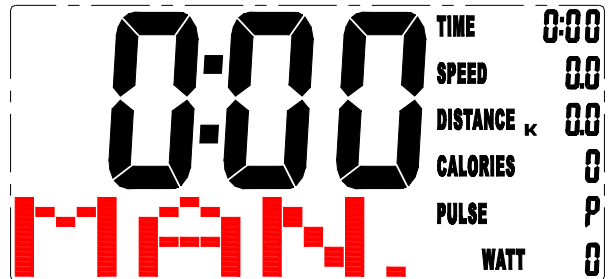


drawing 2

2. Press ENTER、UP、DOWN buttons to set year / month / day / clock (drawing3) ; Turning the UP/DOWN button to select number and press ENTER for next settlement ; screen will enter standby mode. (drawing4)



drawing 3



drawing 4

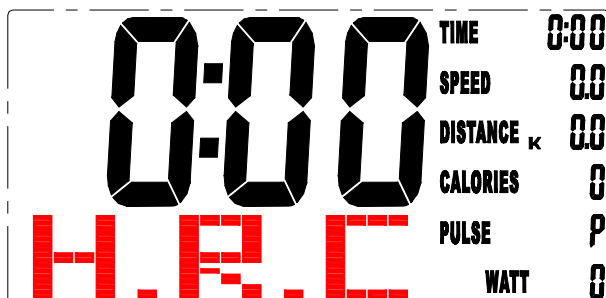
3. Manual is glittering in the sleep mode, (drawing 4) · you may turn UP and DOWN to select training mode MANUAL / PROGRAM / USER PROGRAM / H.R.C. / WATT (drawing 5 ~8)and press ENTER (/MODE) for confirmation. The monitor will enter MANUAL mode for training without selection.



drawing 5



drawing 6



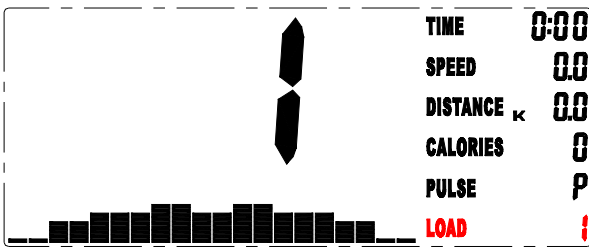
drawing 7



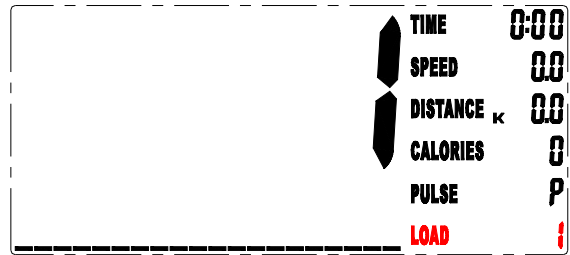
drawing 8

4. Training in MANUAL mode

4-1 In the MANUAL mode, you may turn UP/DOWN button to select load level from 1 to 16, the preset level is 1. (drawing 10) ◦



drawing 9

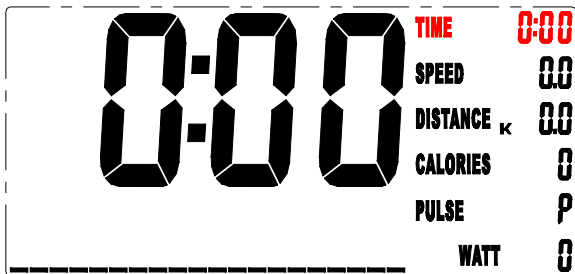


drawing 10

4-2 After load level selected, you may preset function values for TIME, DISTANCE, CALORIES, and PULSE by turning UP/DOWN button and press ENTER confirmation. (drawing 11~14)

4-3 Pressing START button to start training.

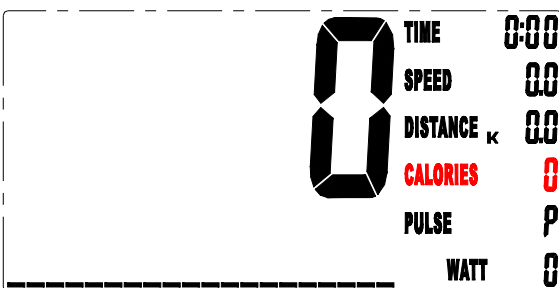
4-4 To select other training mode, press RESET button.



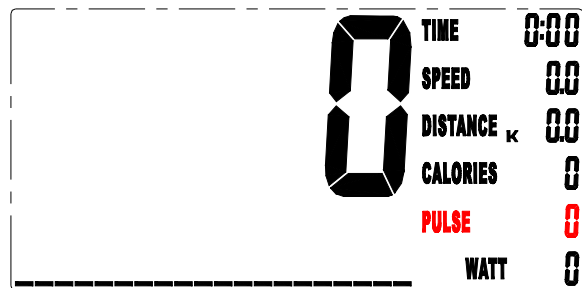
drawing 11



drawing 12



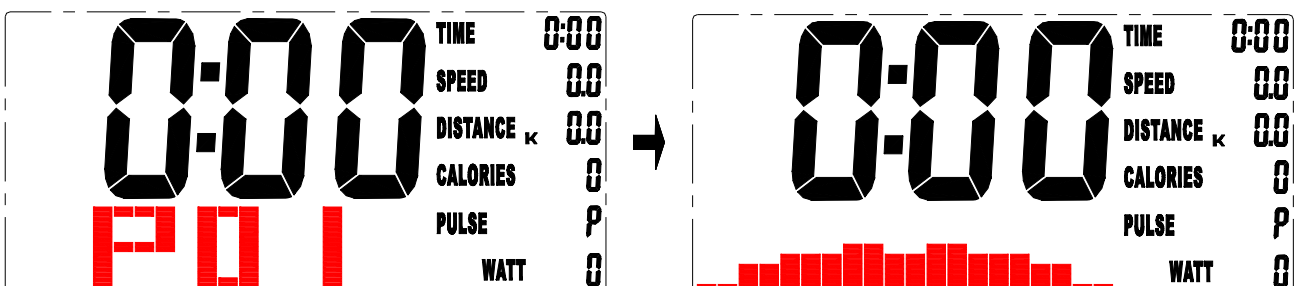
drawing 13



drawing 14

5. Training in PROGRAM mode :

5-1 In the PROGRAM mode, you may turn UP/DOWN button to select program P01,P02,P03..~P12, the selected program will be show on screen for 2 seconds then display program profile accordingly. (drawing 15) ◦



drawing 15

5-2 LOAD 1 (preset value) is glittering after training program selected, you may turn UP/DOWN

button to select level from 1 to 16 and ENTER button for confirmation. (drawing 9)

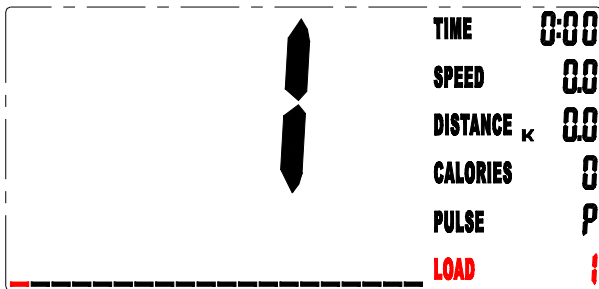
Load level can be adjusted during training.

6. Training in USER PROGRAM :

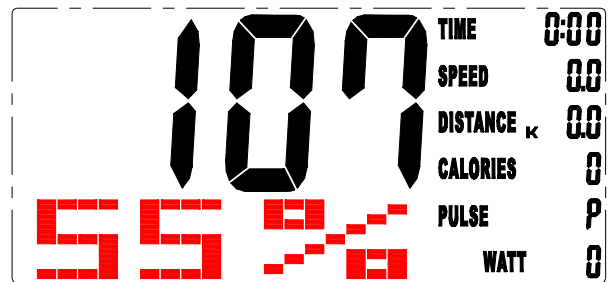
After USER PROGRAM selected, you may set prefer program profile by turning UP/DOWN button and press ENTER for each flashing column. There are 20 segments for setting, if you want to quit during setting, you may hold on ENTER button for 2 seconds to quit, the previous setting profile will be saved for unfinished segment.

7. Training in H.R.C. mode :

AGE 25 is flashing after enter H.R.C. mode, you may set your age by turning UP/DOWN button and press ENTER. The monitor will calculate preset heart rate value automatically according to your age setting. Screen will show heart rate percentage 55%, 75%, 90% and TARGET. You may select heart rate percentage by UP/DOWN/ENTER button for training. (drawing 17)



drawing 16



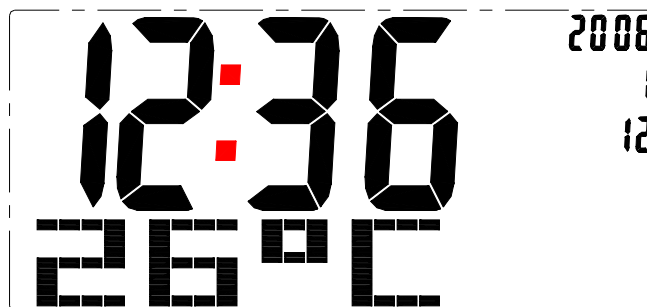
drawing 17

8. Training in WATT mode :

The preset watt value 120 is flashing on screen in WATT setting mode, select UP/DOWN/ENTER to set target value from 10 to 350. Pressing START button to start training.

Note :

1. Stop training or no signal over 4 minutes, the screen will off and display room temperature, clock, and calendar after hold on ENTER for 2 seconds. (drawing 18)
2. When computer displays abnormally, please plug-out the adapter and plug-in again.



drawing 18

Button Functions

ENTER : To set function value for TIME, DIST, CAL, PULSE in sleep mode.

RESET : Return to main function mode in STOP mode and clean all preset function values at zero.

START/STOP : To start or stop training

RECOVERY : To test heart rate recovery status.

ENCODER UP : To select training mode and adjust function value up.

ENCODER DOWN : To select training mode and adjust function value down.

FUNCTIONS :

TIME : Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 second.

Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 1:00 to 99:00.

SPEED : Display current training speed from 0.0 to maximum 99.9 km or ml.

RPM : Display current training rotation per minute.

DISTANCE : Count up - No preset target, Distance will count up from 0.00 to maximum 99.90 with each increment 0.1 KM

Count down - If training with preset target, Distance will count down from preset to 0.00.

Each preset increment or decrement is 0.1 KM (or ML) between 0.00 to 99.90.

CALORIES : Count up - No preset target, Calories will count up from 0 to maximum 990 with each 1 cal increment.

Count down - If training with preset target, Calories will count down from preset time to 0.

Each preset increment or decrement is 10 cal from 0 to 990 cal.

PULSE : To display your current heart beat figures as soon as the pulse sensor has been touched.

The monitor will detect your heart best through handgrip sensors once you hold on both hands.

WATT : Display current training watt figures.

RECOVERY : After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00.

Screen will display your heart rate recovery status with the F1, F2...to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status.

(Press the RECOVERY button again to return the main display.)

TEMPERATURE : Screen will display room temperature in sleep mode.

CALENDAR : Screen will display year/month/day in sleep mode.

CLOCK : Screen will display time in sleep mode.

Note:

1. The monitor display will shut off automatically if you stop training and pressing any button for 4 minutes.
2. You may press any button to awake the monitor display, and previous training data will appear. When the training starts again, the data will keep accumulating from previous records.
3. Power supply requires : Output : 9V, 500 mA or 1000 mA.