

Exercise Meter Instruction

Functions and operation

1. Power ON/OFF:

When users start campaign, the primary monitor will automatically on and display all the function value. When stopping movement of more than 240 seconds, the primary monitor will turn off. But TIME, COUNT, COUNT/TOTAL, CAL, values will be preserved. When users start again, during exercise TIME, COUNT, COUNT/TOTAL, CAL numerical calculation of will continue.

2. Automatically SCAN

When you power on or press the keys, automatically scans each function of TIME, COUNT, COUNT/TOTAL, CAL, COUNT/MIN and PULSE in sequence with change every six seconds on the primary monitor corresponding to the arrow symbol.

3. TIME

Cumulative calculation exercise time from 0:00 to 99:59

4. COUNT

Display the exercise count from 0 to 999

5. COUNT/TOTAL

Display the exercise count in total from 0 to 9999

6. CAL

Display the calorie consumption from 0.0 to 999.9

7. COUNT/MIN

Display the exercise count from 0 to 999 per minute

8. PULSE

Displays the user pulse per minute

9. Reset

Press the button for two seconds to reset all functions to zero excepts the COUNT/TOTAL.

10. Note:

If the computer displays abnormally, please re-install the battery and try again.