

## **CONSOLE**

### **BUTTONS**

#### **1. RECOVERY**

Calculates your recovery heart rate index.

#### **2. RESET**

Reset values when setting targets.

#### **3. SCAN**

Starts scanning between values of speed – distance – calories on the middle window.

#### **4. DOWN**

Decreases values and resistance.

#### **5. UP**

Increases values and resistance.

#### **6. MODE**

Confirms settings and selects training.

#### **7. PROGRAM**

Browses preset programs P01-P12, Manual (MAN) and HRC.

#### **8. ODOMETER**

Shows the total distance (km or ml).

### **DISPLAY**

Time (mm:ss), heart rate (bpm), speed (km/h or mph), distance (km or ml), energy consumption (kcal), program mode and resistance level (1-16) are displayed.

## **PROGRAMS**

### **1. MANUAL AND PRESET PROGRAMS**

- Press the PROGRAM button to browse P01-P12 or Manual (MAN) programs.
- Press the MODE button to select desired program.
- Press the MODE button to set target values for time, distance and/or energy or start training by pedaling.
- If you choose to set target values for the training do not start pedaling yet, but instead press the MODE button again.
- Time starts flashing. Use the UP and DOWN buttons to set target time for training.
- Set target values for distance and energy as described above until the heart rate appears briefly.
- Start training by pedaling.
- Target values start to count down. During training you can adjust the resistance by UP and DOWN buttons.
- End the training by stop the pedaling

### **2. HEART RATE CONTROLLED PROGRAM (H.R.C)**

- Press the PROGRAM button to browse HRC program.
- Press the MODE button to select program.
- Heart rate (beats per minute) starts flashing. Use the UP and DOWN buttons to set the target heart rate.
- Press the MODE button to set target values for time, distance and/or energy or start training by pedaling.
- If you choose to set target values for the training do not start pedaling yet, but instead press the MODE button again.
- Time starts flashing. Use the UP and DOWN buttons to set the target time.
- Set target values for distance and energy as described above until the heart rate appears briefly.
- Start training by pedaling.
- Target values start to count down. During training resistance level is automatically adjusted so that your target heart rate is reached and maintained. You can adjust the resistance by UP and DOWN buttons, also.
- End the training by stop the pedaling.

### 3. RECOVERY

Start the recovery calculation after training by pressing RECOVERY button. Recovery heart rate calculation can be started only if the heart rate measurement is activated and the heart rate value is shown on the display. The measurement takes 60 seconds. After 60 seconds, the display shows your recovery index F1-F6 (F1 = best result). To exit measurement, press RECOVERY button once again.

### ADDITIONAL NOTES

1. SCAN function can be stopped by pressing MODE button. By pressing MODE when values of speed, distance or calories are visible, you'll display them on the larger window. Pressing SCAN again restarts the scanning.

2. The console needs about 10 seconds to start heart rate measurement.

3. If you have several targets to count down, a signal sounds when each target reaches zero. After Reaching zero each value starts to count up.

4. If you are not training and buttons are not pressed, the meter switches into the Sleep mode after four minutes. Room temperature is displayed.

5. Setting training target time, distance and energy Is possible only in the STOP mode (not during training).

6. On a STOP mode you can use the UP and DOWN buttons to change target settings. Press MODE to select a target you want to change. Use the UP and DOWN buttons to adjust the values. Continue until the predefine heart rate appears briefly. When the heart rate disappears, restart your workout.

7. This equipment cannot be used for therapeutic purposes.

8. Energy consumption is calculated based on average values. The energy expenditure is displayed in kilocalories. To convert this into joules, use the formula: 1 Kcal = 4.187 KJ.

9. Preset programs are divided into 20 steps. Duration of the one step depends on the time set for the whole training.

10. Note that recovery index is in relation to the Heart rate frequency in both the beginning and the end of the measurement.

11. If the heart rate measurement is activated, heart symbols will flash as follows: 55% heart symbols 55% of maximum heart rate or more, 75% heart symbols 75% of maximum heart rate or more, 90% heart symbols 90% of maximum heart rate or more and Tag heart symbols heart rate of maximum heart rate. Calculations are based on average values and maximum heart rate is supposed to be 200 bpm.