

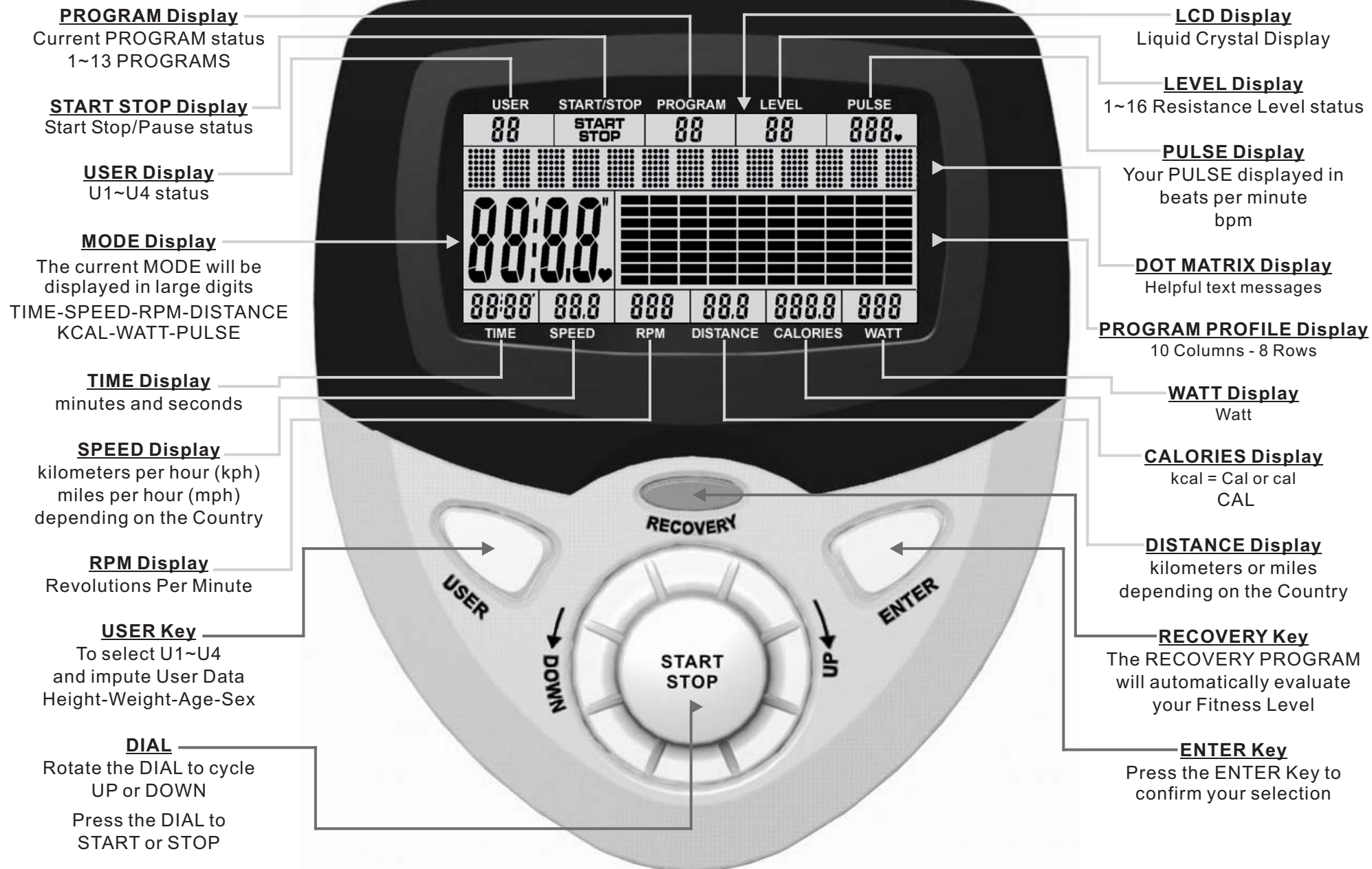
281172 COMPUTER



OPERATING INSTRUCTIONS

COMPUTER INSTRUCTIONS

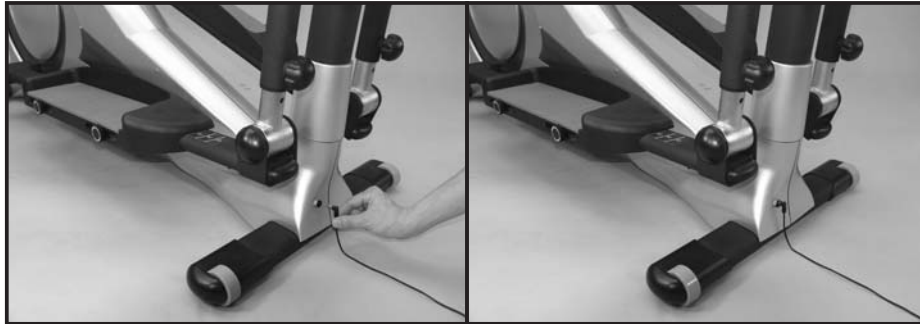
Function Identification



COMPUTER INSTRUCTIONS

Power Functions

PLUG-IN ADAPTOR: Once your ELLIPTICAL CROSS TRAINER is fully assembled and correctly positioned then insert the PLUG-IN ADAPTOR Socket as shown below.



If the LCD Display is illegible or only partial segments are displayed then reboot the computer. Disconnect the PLUG-IN ADAPTOR for approximately 15 seconds.

AUTO POWER ON: The computer will automatically turn ON when the exercise machine is in use, or when any Key on the computer is pressed.

AUTO POWER OFF: The computer will automatically turn OFF when the exercise machine is NOT in use for approximately 4 minutes.

Key Functions

There are three Keys plus one Dial on the computer. Each Key indicates its function. Press the Keys with moderate pressure. DO NOT hit the Keys.

DIAL: Three Functions

- 1) Rotate the DIAL to cycle UP or DOWN.
- 2) Press the DIAL to START or STOP.
- 2) Press and hold the DIAL to reset the computer.

ENTER Key: Two Functions

- 1) Before your workout - Press the ENTER Key to confirm your selection.
- 2) During your workout - Press the ENTER Key to cycle through the MODE Display selections **TIME - SPEED - RPM - DISTANCE - KCAL - WATT - PULSE.**

USER Key: To select U1~U4 and impute User Data **HEIGHT - WEIGHT - AGE - SEX.**

For more information see User Data Entry on page 12.

RECOVERY Key: See Recovery Program on page 12.

P1 - Manual Program QUICK START

Once the computer has powered-up the PROGRAM Display will be flashing.

Press the START Key. You are now ready to start your workout.

You can adjust the Resistance Levels by rotating the DIAL up or down.

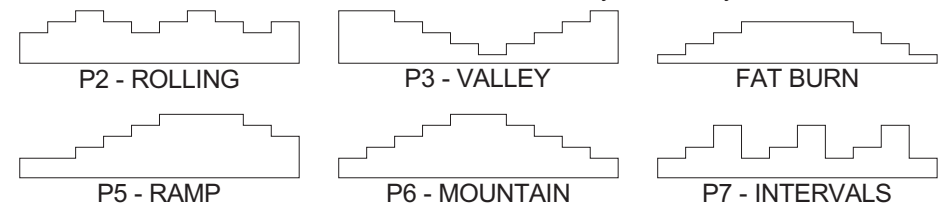
During your workout press the ENTER Key to cycle through the MODE Display selections **TIME - SPEED - RPM - DISTANCE - KCAL - WATT - PULSE.**

P2~P7 Preset Profile Programs

There are six PRESET PROGRAM PROFILES as follows.

The computer will automatically adjust the Resistance Levels according to the PROFILE PROGRAM you select. During your workout you can still adjust the Resistance Levels by rotating the DIAL up or down.

Once the computer has powered-up the PROGRAM Display will be flashing. Rotate the DIAL up or down to cycle through the seventeen PROGRAMS which includes six PROGRAM PROFILES as follows. Press the ENTER Key to confirm your selection.



Rotate the DIAL to select your Target Values for TIME-DISTANCE and KCAL. Press the ENTER Key to confirm your selections. Press the ENTER Key to skip over any unwanted selection (for more information on Target Values see page 12). Then press the DIAL to start your workout.

There are four more Profile Programs available through the P13~16 USER PROFILE PROGRAMS, for more information see the following page.

P8 - Users Profile Programs

There are four USERS PROFILE PROGRAMS. One for each of the four Users. To change the User press the USER Key (for more information see User Data Entry on page 12).

The computer will automatically adjust the Resistance Levels according to the USERS PROFILE PROGRAM you design. During your workout you can still adjust the Resistance Levels by rotating the DIAL up or down.

Once the computer has powered-up the PROGRAM Display will be flashing. Rotate the DIAL up or down to select PROGRAM 8. Press the ENTER to confirm your selection. Rotate the DIAL to select your Target Values for TIME-DISTANCE and KCAL. Press the ENTER Key to confirm your selections. Press the ENTER Key to skip over any unwanted selection (for more information on Target Values see page 12). You are now ready to custom design your own personal USERS PROFILE PROGRAM. Rotate the DIAL to select the Resistance Level of your choosing. Press the ENTER Key to confirm your selection. Repeat this process for the ten columns that will makeup your USER PROFILE PROGRAM. Then press the DIAL to start your workout.

COMPUTER INSTRUCTIONS

P9 - WATT Control Program

A watt is the rate at which energy is expended. One watt is equal to a power rate of one joule of work per second of time, which equates to 0.24 calories.

The WATT PROGRAM is designed to keep your watt output at a constant level you have selected.

Once the computer has powered-up the PROGRAM Display will be flashing. Rotate the DIAL and select PROGRAM 9. Press the ENTER Key to confirm your selection. Rotate the DIAL to select your Target Values for TIME-DISTANCE-KCAL and WATT. Press the ENTER Key to confirm your selections. Press the ENTER Key to skip over any unwanted selection (for more information on Target Values see page 12). Press the DIAL to start your workout. Every 5 seconds the computer will check your selected watt verses your watt output and will adjust the Resistance Level accordingly.

P10~P12 60% 75% 85% H.R.C Programs

There are three HEART RATE CONTROL PROGRAMS, 60% 75% 85%. All these H.R.C PROGRAMS are adjustable to your personal preference if the three preset values are not suitable.

These H.R.C PROGRAMS are designed to keep your Heart Rate at the constant level you have selected. To select a bpm that is optimal for you, see the TARGET HEART RATE CHART on page 12.

Once the computer has powered-up the PROGRAM Display will be flashing. Rotate the DIAL to select PROGRAM 10, 11 or 12. Press the ENTER to confirm your selection.

Rotate the DIAL to select your Target Values for TIME-DISTANCE KCAL and AGE. The computer will automatically show your User Data Age if imputed (for more information see User Data Entry on page 12). **PLEASE NOTE: The AGE data entered is vital for the H.R.C PROGRAMS to work correctly.**

The computer will automatically calculate your bpm from the AGE information that you enter. Press the ENTER Key to confirm your selections. Press the ENTER Key to skip over any unwanted selection (for more information on Target Values see page 12).

The computer will calculate your TARGET H.R which is the flashing number displayed on the LCD. It is at this stage you can adjust the TARGET H.R to your personal preference if the preset value is not suitable.

Press the DIAL to start your workout.

It is necessary to continuously supply the computer with a Pulse Signal. Either wear a Chest Pulse Sensor or keep your hands in contact with the Hand Pulse Sensors. Every 20 seconds the computer will check your selected T.H.R verses your Pulse and will adjust the Resistance Level accordingly (for more information regarding Hand Pulse Sensors see page 12).

P13 - Body Test Program

The BODY TEST PROGRAM will automatically evaluate your Body Fat Weight (in kilos) Body Fat % - B.M.R - B.M.I (for adults ONLY, not applicable to children).

Once the computer has powered-up the PROGRAM Display will be flashing. Rotate the DIAL and select PROGRAM 13. Press the ENTER to confirm your selection. The computer will ask you to enter your Personal Data

HEIGHT - WEIGHT - AGE - SEX (gender)

Press the ENTER Key to confirm your selection. **Note: The personal data entered is vital for the BODY TEST PROGRAM to work correctly.** The computer will automatically show your User Data if imputed (for more information see User Data Entry on page 12).

With the exercise machine in a stationary position press the DIAL and immediately hold the Hand Pulse Sensors. The computer will flash for approximately six seconds then the results will be displayed on the LCD Display. Press the ENTER Key to scroll through the five results.

BODY FAT WEIGHT: Your estimated Body Fat Weight in kilograms.

FAT%: Your estimated Body Fat Percentage.

Classification	Women (% fat)	Men (% fat)
Essential Fat	10-12%	2-4%
Extremely Low	14-20%	6-13%
Low	21-24%	14-17%
Average	25-31%	18-25%
Above Average	32% plus	25% plus

BMR: Your BASAL METABOLIC RATE is the minimum calories required to sustain life in a resting individual. It can be looked at as being the amount of energy (measured in calories) expended by the body to remain in bed asleep all day.

If you count the calories of the food you consume each day, subtract your BMR, and subtract your calories burnt whilst exercising, the end result will be an approximate check whether you are losing weight or gaining weight.

BMI: BODY MASS INDEX is one of the most accurate ways to determine when extra weight translates into a health risk.

Below 18.5	Underweight	Low Risk
18.5 - 24.9	Normal	Low Risk
25.0 - 29.9	Overweight	High Risk
30.0 and Above	Excess Weight	Extreme Risk

BODY TYPE: Your Body Type as a number from 1~5.

- 1: Lean Athletic Type
- 2: Sports Type
- 3: Average Healthy Type
- 4: Overweight Type
- 5: Excess Weight Type

COMPUTER INSTRUCTIONS

Recovery Program

The RECOVERY PROGRAM will automatically evaluate your Fitness Level. At the end of your workout with the exercise machine in a stationary position and the computer in the STOP status, press the RECOVERY Key. Hold the Hand Pulse Sensors for the 60 second countdown. The results will be displayed as follows:

F-1.0~1.9: SUPER FIT F-2.0~2.9: VERY FIT F-3.0 ~ 3.9: FIT
F-4.0~4.9: FAIR F-5.0~5.9: UNFIT F-6.0: VERY UNFIT

After the results are displayed, press any Key to stop the alarm.

Target Values TIME - DISTANCE - KCAL - WATT or TARGET H.R

TIME - DISTANCE - KCAL Target Values are optional. If you DO NOT select any of these optional Target Values then the computer will count from zero upwards. If you select one or more of these optional Target Values then the computer will countdown from your selection.

The computer will stop and sound an alarm once the **FIRST Target Value has been achieved. Press any Key to stop the alarm.**

TIME: 1:00~99:00 minutes

DISTANCE: 1.0~999.0 kilometers or miles will be displayed depending on your country.

KCAL: 10.0~9990 (in 10 calorie increments)

WATT: 30~300 (in 10 watt increments, only applies to the P9 - WATT PROGRAM)

T.H.R: Target Heart Rate 60~220 bpm (only applies to P10~P12 - H.R.C PROGRAMS)

User Data Entry

The computer will memorize four sets of Personal USER DATA. This stored information will be used in conjunction with P8 - USERS PROFILE and P10~P12 H.R.C PROGRAMS. Press the USER Key then press the ENTER Key. Rotate the DIAL to select U1~U4. Press the ENTER Key to confirm your selection. Enter the following Data.

HEIGHT: 110~250 centimeters (or feet and inches depending on your country)

WEIGHT: 10~200 kilograms (or pounds will be displayed depending on your country)

AGE: 10~99

SEX (gender): Male or Female

Press the ENTER Key to confirm your selection.

Error Messages

If the Computer detects an Error it will display the text "E1" or "E2".

E1 = No MOTOR detected. Check all Cable Plug connections, refer to the Assembly Instructions.

E2 = Software failure. Reboot the computer. Disconnect the power for approximately 15 seconds by disconnecting the PLUG-IN ADAPTOR.

If these suggestions do not fix the Error then contact your dealer.

Hand Pulse Sensors

Both PALMS of your hands should be in contact with both Hand Pulse Sensors.

The Hand Pulse Sensors should be held firmly. Jiggling or moving your hands will cause incorrect Pulse signals.

Slightly moist hands are desirable, Dry hands can cause incorrect Pulse signals.

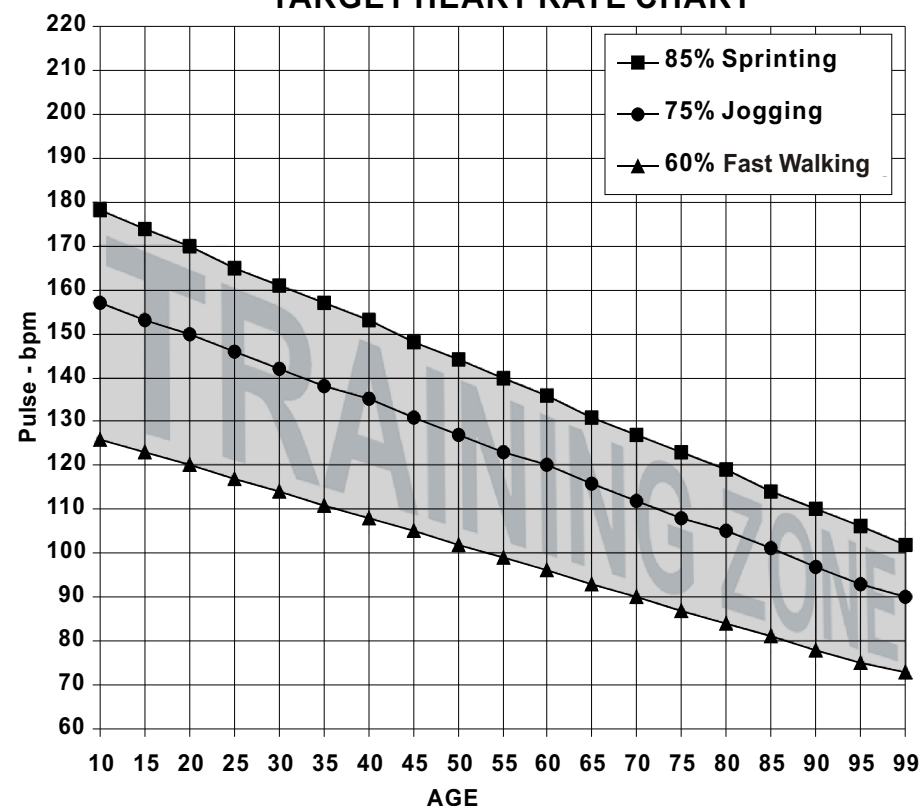
Target Heart Rate Chart

Your optimal heart rate range during exercise is referred to as your "Target Heart Rate Training Zone" or just "Training Zone." To achieve effective results you should do your cardiovascular workout within your Training Zone. Refer to the TARGET HEART RATE CHART below to calculate your T.H.R at 60% 75% and 85%, that is our suggested Training Zone.

P10~P12 60% 75% 85% H.R.C Programs - Select one of the three preset H.R.C Programs or select your own personal T.H.R.

While increasing your heart rate is an important part of exercise, it is also important that your heart rate not be too high. To be safe we suggest that you start your workouts at the 60% Fast Walking level and increase your workout levels as your fitness improves.

TARGET HEART RATE CHART



Optional Accessories CONTACT YOUR DEALER

Your Computer has a Built-in Receiver. It is compatible with an Optional CHEST PULSE SENSOR.