65007 COMPUTER INSTRUCTIONS

SPEED • AVG/SPEED

DISTANCE

PULSE

SPEED

A

CALORIES

TIME   SCAN • RPM
LEVEL   WATT

EXIT

PULSE
RECOVERY

ENTER

USER

MODE

UP

DOWN

START
STOP

PROGRAM

ORIES

TIME

SCAN • RPM

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Error Message Guide

If the computer detects an error it will display the text "E1" or "E2" or "E3". If the following solutions fail to correct the problem then contact your dealer for assistance.

E1 No motor detected. Reconnect 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.

E3 If the computer cannot detect a heart rate signal via a chest band or the hand pulse sensors then the "E3" error message will be displayed. To fix this problem simply supply the computer with a heart rate signal.

Resetting the Computer

Resetting the computer is an extremely useful tool as it will automatically take you back to the main menu. You will loose any target value data but you will not loose any user data.

1) *To reset the computer, press and hold the START/STOP Key for two seconds.*

Power Functions

ADAPTOR: Once your exercise machine is fully assembled and correctly positioned then insert the plug-in adaptor socket. The computer should automatically power up and all the LED segments will briefly light up. If there are any problems then please refer to the ERROR MESSAGE GUIDE for help.

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

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

Key Functions

EXIT Key: To exit the current function and return to the previous function.

PULSE RECOVERY Key: To activate the PULSE RECOVERY PROGRAM that will automatically evaluate your fitness.

USER Key: To select one of four users and input user data such as height, weight, age and sex.

UP & DOWN Keys: Two functions.
1. Before your workout - Cycle through the available selection. Press and hold the UP & DOWN Keys to fast track.
2. During your workout - Adjust the resistance levels.

PROGRAM Key: Cycle through 14 PROGRAMS P1~P14.

START/STOP Key: Two functions.
1. To start and stop your selected workout program.
2. To reset the computer, press and hold the START/STOP Key for two seconds.

MODE Key: To select one of four modes, i.e. SCAN, RPM, LEVEL or WATT mode.

ENTER Key: To confirm your selection.

Display Functions

SPEED Display: kilometers per hour (km/h) or miles per hour (mph).

AVERAGE SPEED Display: After your workout and once you have pressed the STOP Key the computer will automatically display your average speed in the appropriate kilometers or miles.

DISTANCE Display: kilometers or miles.

PULSE Display: Your heart rate/pulse is displayed in beats per minute (bpm).

CALORIES Display: Measured in kilocalories. Also known as large Calories and food Calories.

TIME Display: minutes and seconds.

SCAN, RPM, LEVEL & WATT Display: RPM, LEVEL & WATT share the same display. You can either choose to display one fixed selection or the SCAN mode will display each for six seconds.
1) *To select a mode, press the MODE Key until you reach your desired mode selection.*
LEVEL Display: 1~16 resistance levels.
RPM Display: Revolutions per minute (rpm).
WATT Display: watt (W).

P1 - Manual Program   QUICK START

The MANUAL PROGRAM is a simple program that has a flat profile and is preset at resistance level six. During your workout you can adjust the resistance levels by pressing the UP & DOWN Keys.
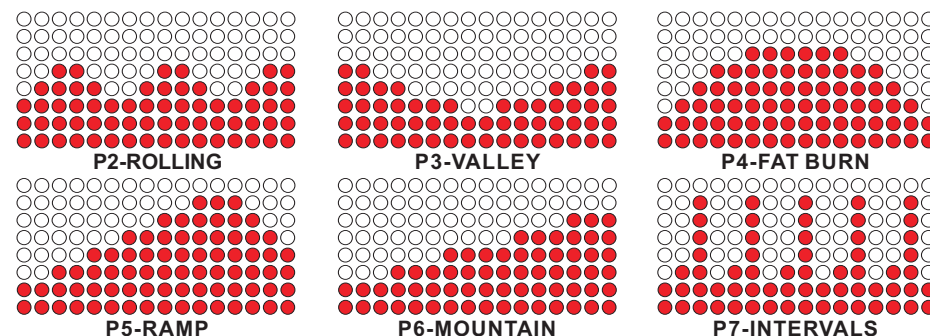
1) *With the computer powered up and in the stop mode. Press the START Key to begin your workout.*

NOTE: During your workout, press the MODE Key until you reach your desired mode selection.

P2~P7 - Preset Profile Programs

The computer will automatically adjust the resistance levels according to the PRESET PROFILE PROGRAM you select. During your workout you can adjust the resistance levels by pressing the UP & DOWN Keys.

There are six PRESET PROFILE PROGRAMS to choose from as shown in the diagrams below:

P2-ROLLING   P3-VALLEY   P4-FAT BURN

P5-RAMP   P6-MOUNTAIN   P7-INTERVALS

1) *With the computer powered up and in the stop mode. Press the PROGRAM Key to cycle through the six PRESET PROFILE PROGRAMS.*

NB *To immediately start your workout press the START Key.*

2) *To select target values press the ENTER Key. Use the UP & DOWN Keys to select your target values. Press the ENTER Key to confirm your selections. Then press the START Key to begin your workout.*

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P8 - User Profile Program

There are four USERS PROFILE PROGRAMS. One for each of the four users. The computer will automatically adjust the resistance levels according to the USERS PROFILE PROGRAM you design. During your workout you can adjust the resistance levels by pressing the UP & DOWN Keys.

Before using the USERS PROFILE PROGRAM it is wise to ensure which user is selected by following the USER SELECT instructions as follows.

1) With the computer powered up and in the stop mode. Press the USER Key then press the ENTER Key.
2) Select one of four users by pressing the UP & DOWN Keys then press the ENTER Key. Then press the START Key to exit.

Now you are ready to initiate the USERS PROFILE PROGRAM as follows.

1) With the computer powered up and in the stop mode. Press the PROGRAM Key to cycle to P8 USER PROFILE.

NB To immediately start your workout press the START Key.

2) To select target values press the ENTER Key. Use the UP & DOWN Keys to select your target values. Press the ENTER Key to confirm your selections.
3) There are 16 columns, each with a choice of 16 resistance levels. Use the UP & DOWN Keys to select your resistance level. Press the ENTER Key to confirm your selection.
5) When you are happy with your selections. Press the START Key to begin your workout.

P9 - Watt Control Program

The WATT CONTROL PROGRAM is designed to keep your watt output at a constant level you have selected. During your workout you can adjust the watt value by pressing the UP & DOWN Keys.

1) With the computer powered up and in the stop mode. Press the PROGRAM Key to cycle to P9 WATT CONTROL.

NB To immediately start your workout press the START Key.

2) To select target values press the ENTER Key. Use the UP & DOWN Keys to select your target values. Press the ENTER Key to confirm your selections. Then press the START Key to begin your workout.

P10~P13 Heart Rate Control Programs

These four H.R.C PROGRAMS are designed to keep your heart rate at the constant level you have selected. Every twenty seconds the computer will check your pulse (bpm) against what you have selected and will automatically adjust the resistance levels accordingly. During your workout you can adjust the resistance levels by pressing the UP & DOWN Keys.

NOTE: These four H.R.C PROGRAMS are designed to work in conjunction with the user data. If you wish to utilize the user data then find and follow the USER DATA ENTRY and USER SELECT instructions on the following pages.

To select a bpm that is optimal for you, see CALCULATING TARGET HEART RATE on this page.

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% H.R.C and increase your % H.R.C as your fitness improves.

NOTE: The recommended absolute **Maximum Heart Rate** is equal to **220 bpm - your age**.

1) With the computer powered up and in the stop mode. Press the PROGRAM Key to cycle to P10~P13 % H.R.C.

NB To immediately start your workout press the START Key.

2) To select target values press the ENTER Key. Use the UP & DOWN Keys to select your target values. Press the ENTER Key to confirm your selections. Then press the START Key to begin your workout.

Calculating Target Heart Rate

Your optimal heart rate range during exercise is referred to as your 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. We also suggest that you start your workouts at the 60% T.H.R and increase your T.H.R % as your fitness improves.

TARGET HEART RATE FORMULA: **220 - AGE x T.H.R%** (e.g. 220 - 30 years old x 60% = T.H.R 114)

TARGET HEART RATE CHART
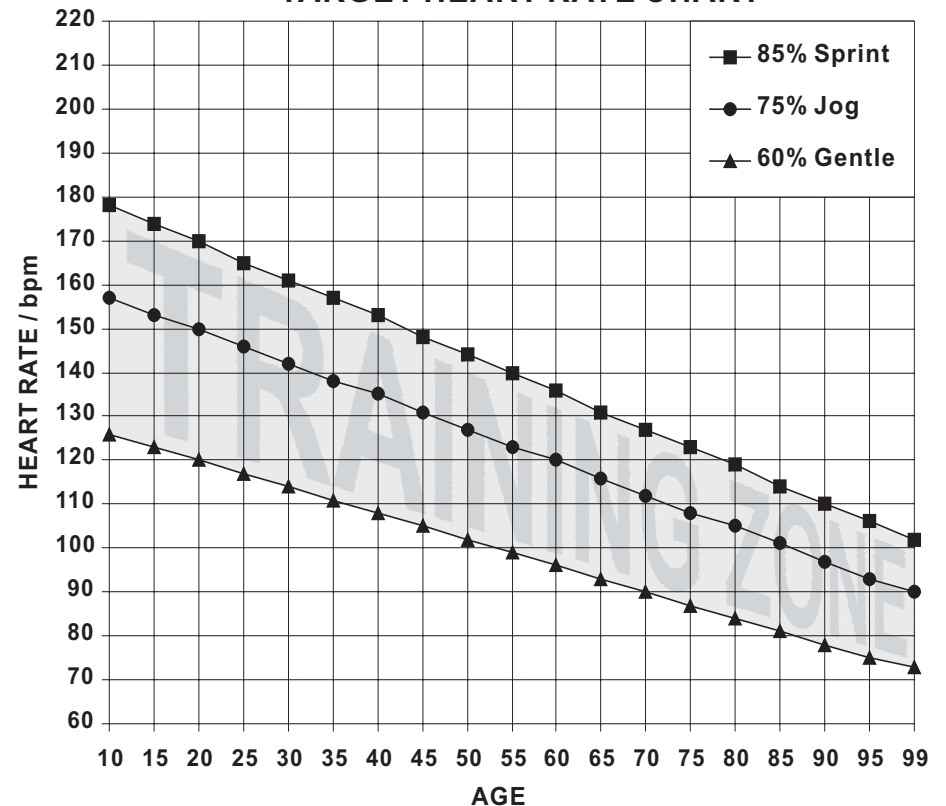
P14 - Body Fat Measurement Program

This BODY FAT MEASUREMENT PROGRAM is an excellent way to keep track of your body fat. If you are already at a stable weight then this program will not really be helpful, but if you are in the process of losing weight then this BODY FAT MEASUREMENT PROGRAM will help inspire you to lose weight.

The BODY FAT MEASUREMENT PROGRAM requires your height, weight, age and sex information so be sure to press the ENTER Key and input your data before you press the START Key.

NOTE: This BODY FAT MEASUREMENT PROGRAM is designed to work in conjunction with the user data. If you wish to utilize the user data then find and follow the USER DATA ENTRY and USER SELECT instructions on the following pages.

1) *With the computer powered up and in the stop mode. Press the PROGRAM Key to cycle to P14 BODY FAT. Then press the ENTER Key.*

2) *Use the UP & DOWN Keys to select your correct data values. Press the ENTER Key to confirm your selection.*

NB Sex/Gender Code: 1=Male 0=Female.

NB If you wish to change any data already entered then keep pressing the ENTER Key until you return to the target you wish to change.

3) *Press the START Key to start the BODY FAT MEASUREMENT PROGRAM. Be sure to provide the computer with a pulse signal either via the hand pulse sensors or a chest band.*

NB If the computer cannot detect a pulse signal then an "E3" error message will be displayed.

4) *At the end of the BODY FAT MEASUREMENT, press the ENTER Key to display the following informative information:*

FAT WEIGHT: in kilograms. This measurement may appear too high but remember that some fat is essential for good health.

FAT %: Your estimated body fat percentage.

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

B.M.R: 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 B.M.R, and subtract your Calories burnt whilst exercising, the end result will be an approximate check whether you are losing weight or gaining weight.

B.M.I: 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 described from one to nine.

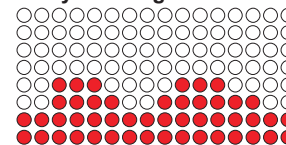| No.	Description	FAT %
1	Lean Athletic Type	5%~9%
2	Athletic Type	10%~14%
3	Lean Sportsman Type	15%~19%
4	Sportsman Type	20%~24%
5	Extremely Healthy Type	25%~29%
6	Average Type	30%~34%
7	Slightly Overweight Type	35%~39%
8	Overweght Type	40%~44%
9	Excess Weight Type	45%~50%

At the end of the BODY FAT MEASUREMENT the computer will automatically choose one of nine Body Fat Program Profiles depending on your body type number as shown in the diagrams below:
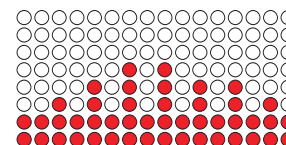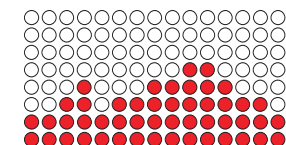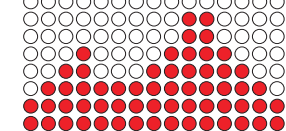

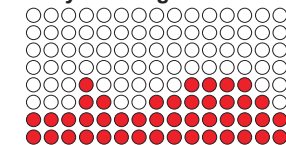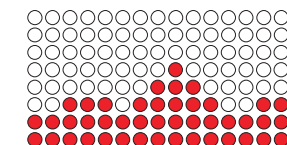Body Fat Program Profile 1 Body Fat Program Profile 2 Body Fat Program Profile 3
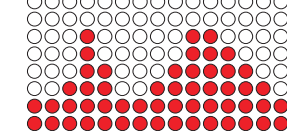
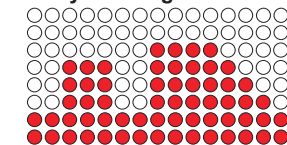Body Fat Program Profile 4 Body Fat Program Profile 5 Body Fat Program Profile 6

Body Fat Program Profile 7 Body Fat Program Profile 8 Body Fat Program Profile 9

1) *Press the START Key to initiate the Program.*

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User Data Entry

The computer can store four sets of personal user data. This stored information will be used in conjunction with the P8 USER PROFILE, P10~13 % H.R.C and P14 BODY FAT PROGRAMS providing you follow the user select instructions before you start your workout. The computer will also keep a running total of DISTANCE, CALORIES and TIME also providing you follow the user select instructions before you start your workout.

1) *With the computer powered up and in the stop mode. Press the USER Key then press the ENTER Key.*

2) *Select one of four users by pressing the UP & DOWN Keys. Press the ENTER Key to confirm your selection.*

3) *Inputting your name is optional. If you are content with the User Number provided then press the ENTER Key twice to skip this function. If you wish to input your name then press the ENTER Key once, then press the UP & DOWN Keys to select each letter. Press the ENTER Key to confirm each letter selection. Press the ENTER Key to skip any selection. Once you have finished inputting your name, keep pressing the ENTER Key until you see the computer display the text "HEIGHT".*

4) *Select your height by pressing the UP & DOWN Keys. Press the ENTER Key to confirm your selection.*

5) *Select your weight by pressing the UP & DOWN Keys. Press the ENTER Key to confirm your selection.*

6) *Select your age by pressing the UP & DOWN Keys. Press the ENTER Key to confirm your selection.*

7) *Select your sex/gender by pressing the UP & DOWN Keys. 1=Male   0=Female. Press the ENTER Key to confirm your selection.*

NB *If you wish to change any data already entered then keep pressing the ENTER Key until you return to the target you wish to change.*

8) *The computer will display "TOTAL". This is a running total of DISTANCE, CALORIES and TIME for the user selected.*

User Select

The computer can store four sets of personal user data. This stored information will be used in conjunction with the P8 USER PROFILE, P10~13 % H.R.C and P14 BODY FAT PROGRAMS. Before the computer can utilize the user data you must first select a user.

1) *With the computer powered up and in the stop mode. Press the USER Key then press the ENTER Key.*

2) *Select one of four users by pressing the UP & DOWN Keys then press the ENTER Key then the START Key to exit.*

Pulse Recovery Program

The PULSE RECOVERY PROGRAM is designed to evaluate your fitness immediately after your workout. Be sure to provide the computer with a pulse signal either via the hand pulse sensors or a chest band.

1) *Immediately upon completing your workout press the PULSE RECOVERY Key.*

2) *The computer will analyze your heart rate recovery for one minute and display a result as follows.*

F1.0~1.9 SUPER FIT   **F2.0~2.9** VERY FIT   **F3.0 ~ 3.9** FIT
F4.0~4.9 FAIR   **F5.0~5.9** UNFIT   **F6.0** VERY UNFIT

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

TIME - DISTANCE - CALORIES 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 **<u>FIRST</u>** target value has been achieved. Press any Key to stop the alarm.

TIME: 1:00~99:00 minutes (in 1 minute steps).

DISTANCE: 1.0~999.0 kilometers or miles (in single steps).

CALORIES: 10.0~9990 (in 1 calorie steps).

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

TARGET H.R: 60~220 bpm (in single steps, only applies to P10~P13 % H.R.C PROGRAM).

Heart Rate Receiver & Chest Bands

The computer has a built in chest band receiver that uses the international standard   5 kHz bandwidth. Your heart rate will only register on the computer if you are wearing a compatible chest band. If you are unsure that your existing chest band is compatible then contact your dealer for verification.

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.

Computer Total Reset

Totally resetting the computer is useful as it will recalibrate the computer/motor and will totally clear the computers memory.

WARNING: You will loose all user data.

1) *Press and hold simultaneously the UP & DOWN Keys plus the ENTER Key for two seconds.*

2) *The computer will start it's recalibration process which will take approximately two minutes. During this time do NOT touch any computer Keys.*