EXERCISECOMPUTER   UM6609

UM-6609-7

| FUNCTION CONTROL |
| TRAINING PROGRAMS |
| STOP TIME |
| SPEED VALUE |

| USER DATA |
| PULSE |
| WATT / |
| DISTANCE |
| PROGRAM |
| KEY |

FUNCTION

|	
SCAN	: Alternate display WATT / CALORIES and RPM / SPEED per 6 seconds..
RPM	: 0~15~999
SPD	: 0.0~99.9 KMH
TIME	: 0:00~99:59.
DIST	: 0.00~99.99 KM.
CAL	: 0~9999.
PULSE	: P~30~240
HEART SYMBOL	: ON/OFF blinks
MANUAL	: 1~16 level
PROGRAMM	: P1~P12
WATT CONSTANT:	10~350
PERSONAL	: U1~U4
H.R.C	: 55%、75%、90%、IND (TARGET)
PULSE	: P~30~240 , max value is available.
USER DATA	: U0 ~U4 (U1 ~ U4 memorized user data ;

DESCRIPTION

This product is used for motor UM series system.

FUNCTION DESCRIPTION

MANUAL: User set load of resistance of dot matrix frame , then set exercise TIME / DISTANCE / CALORIES / PULSE ,
              finished input all exercise value to press ST/SOTP for START manual program.

PROGRAM: 12 automatic adjusting load which control exercise (P1~P12),
              Total level can   be adjusted again.
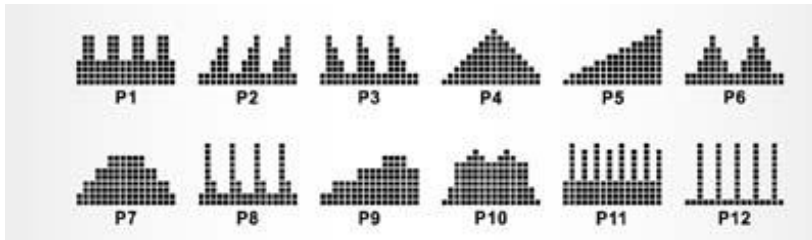
WATT : Pre-set watt as 100. User can adjust watt value by UP / DOWN knob to automatically load resistance and speed..

PERSONAL : Set each array loads up by yourself and then it will save automatically,
U1~U4 are four groups for users' setting. When stay at U0 mode, it can be set up and down, however values Will reset when jump out this function without saving.

H.R.C : "HEART RATE CONTROL"- choose to set target pulse or target pulse of 55%, 75%，90%. IND (TAG) depend on U1-U4 user's age. User should take heart rate to train the resistance and computer display percent you arrive and percent blinking.

  i.   55% -- DIET PROGRAM
  ii.   75% -- HEALTH PROGRAM
  iii. 90% -- SPORTS PROGRAM
  iv.   TARGET—SELF SET TARGET PULSE

RECOVERY : It is used for testing user's heart beat at a fixed time. Generally will be 1 minute.

USER DATA : U0~U4 are 5 groups for user setting, user can set his own gender, age, height and weight etc. However all information in U0 will be reset when power off or total reset. U1~U4 can be saved forever.

OPERATION METHOD

1．Powering on, U1 appears after full displaying, you can press / turning
UP/DOWN key / knob for choosing U0~U4, press MODE key for confirmation.
Hereafter, sex, age, height, weight and other personal information can be
set up at the top of right window, please press MODE key for confirmation again.

2．Control function letters blink upward, you can choose the mode you want by turning UP/DOWN knob and then press MODE key for confirmation, function items with displaying mode will jump out at the same time, I.e. Program mode, P1-P12 will be for your choice. Watt mode, prefixed value displays in watt window, exercise watt value can be adjusted by users themselves. I.e. Personal mode, diagram for exercise can be adjusted by users themselves which means users can change resistance level or speed as they wish. Press MODE key to next line for adjustment,

3．TIME, DIS, CAL window begin blink one by one, here you can adjust by UP/DOWN and MODE key.

4．When everything is down, press START/STOP key for working.

KEY FUNCTION

1. MODE KEY   : Function choice and confirmation key.
2. UP KEY   : Value increase setting key.
3. DOWN KEY   : value decrease setting key.
4. RESET KEY   : reset to 0.
5. ST/STOP KEY   : start/ stop key
6. RECOVERY KEY   : testing pulse recovery key.

TIPS

1. Plug in ADAPTOR (6 VOLT, 1A) of right country-stand.
2. Keep far away from rain and wet place.