

SM6679 COMPUTER

Enjoy the Sensation



TIME
SPEED
DISTANCE_K
CALORIES
WATT
PULSE

COMPUTER INSTRUCTION

COMPUTER INSTRUCTIONS

Function Identification

SCROLL MODE Display

The MODE will be displayed in the scroll window: MANUAL-WATT-USER-H.R.C.-PROGRAM

1. **MANUAL Display**=16 Resistance Levels
2. **WATT Display**=Watts(W).
3. **USER Display**=Personal data setting U1-U4
4. **H.R.C. Display**=55% 75% 90% TARGET Heart Rate Control Programs
5. **PROGRAM Display**= There are total 12 PROFILES PROGRAMS for choices.

TOTAL RESET Key

The total reset key will re-start the computer but you will not lose any data entered such as Time, Personal Data, Target Values and the User Profile.

RESET Key

Two functions

- 1) Press the STOP key first then press the RESET Key to reset the computer back to the Main Menu.
- 2) Press and hold the RESET Key to reset the computer. This is useful if the computer is not responding. If this fails then reboot the computer. Disconnect the power for 15 seconds by unplugging the AC adapter.

RECOVERY Key

Push to activate the RECOVERY PROGRAM that will automatically evaluate your fitness immediately after your workout. (Hold Hand Pulse Sensors)

LCD Display

Liquid Crystal Display



TIME Display

Minutes and seconds

SPEED Display

Kilometers per hour (kph)
or miles per hour (mph)

RPM Display

Revolutions Per Minute

NOTE: SPEED & RPM share the same display. The display will alternate every six seconds

DISTANCE Display

Kilometers or miles

CALORIES Display

Measured in kilocalories. Also known as large Calories and food calories.

WATT Display

Watts(W)..

PULSE Display

Your heart rate/pulse is displayed in beats per minute(bpm)

UP & DOWN keys

Before your workout:

- 1) Press the UP & DOWN Keys to scroll through the available

During your workout:

- 2) Press the UP & DOWN Keys to adjust the Load resistance levels or watt value

ENTER Key

Before your workout:

- 1) Press the ENTER Key to confirm your selection

During your workout:

- 2) Press the ENTER Key to select what is shown in the Mode Display

START/STOP Key

To start and stop your selected workout program.

COMPUTER INSTRUCTIONS

Error Message Guide

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

PROBLEM: No motor detected.

SOLUTION: Reconnect all cable plug connections, refer to the assembly instructions.

PROBLEM: Software failure.

SOLUTION: Reboot the computer. Disconnect the power for approximately 15 seconds by disconnecting the plug-in adaptor.

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 LCD segments will briefly light up. If there are any problems then please refer to the ERROR MESSAGE GUIDE for help.

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

AUTO POWER DOWN: The computer will automatically power down when the exercise machine is not in use after approximately 4 minutes at which time the computer will go into the Display Mode displaying the Time (24hr), Date and Temperature.

Key Functions

TOTAL RESET Key: To restart the computer but no data entered will be lost such as Time, Date, Target Values and the User Profile.

RESET Key: To reset the computer back to the Main Menu.

RECOVERY Key: To activate the RECOVERY PROGRAM that will automatically evaluate your fitness immediately after your workout.

START/STOP Key: To start and stop your selected workout program.

NOTE: To return to auto SCAN press the STOP key and press the START key again.

MODE Key: To confirm your selection or switch the display.

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 or watt value.

Display Functions

TIME, DATE and TEMPERATURE Display: The computer will automatically power down when the exercise machine is not in use after approximately 4 minutes at which time the computer will go into the Display Mode displaying the Time (24hr), Date and Temperature.

-TIME Display: minutes and seconds.

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

-RPM Display: revolutions per minute.

NOTE: SPEED & RPM share the same display. The display will alternate every six seconds.

-DISTANCE Display: kilometers or miles.

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

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

-WATT Display: watts (W).

Getting Started (POWER ON, TOTAL RESET)

When the computer is first activated (or after pressing the TOTAL RESET Key) the LCD Display will be flashing and requesting input data for Year, Month, Day and Time.

- 1) Press the UP & DOWN Keys to select the correct information, then press the ENTER Key to confirm your selection.

User Personal Data Setting (U1~U4)

1. When U1 is flashing press UP and DOWN to select user 1 to 4.
2. Press personal data (incl. AGE, WEIGHT, HEIGHT, SEX). And press the MODE for confirmation.
3. Enter into MANUAL mode and the selected user may enter their own exercise data (incl. LEVEL, TIME, DISTANCE, CALORIES and PULSE). The computer will store and will recall this data every time that user is selected.
4. Start exercising by pressing the START button.
5. Press the RESET button to revert to training mode selection on the Main Menu.

Main Menu

The Main Menu consists of the 5 x following selections:

1. **MAN** 1 x MANUAL PROGRAM
2. **PROG** 12 x PROGRAM PROFILES
3. **USER** 4 x USER PROFILE PROGRAM & 4 USER PERSONAL DATA
4. **H.R.C.** 4 x HEART RATE CONTROL PROGRAMS
5. **WATT** 1 x WATT PROGRAM

- 1) Use the UP & DOWN Keys to scroll through the 5 x Main Menu selections. Press the ENTER Key to confirm your selection.

NOTE: If at anytime you wish to return to the Main Menu then simply press the RESET Key. If that fails then press and hold the RESET Key.

Manual Program QUICK START

The MANUAL PROGRAM is a simple program that has a flat profile and defaults to resistance level one. Before and during your workout you can adjust the resistance levels by pressing the UP & DOWN Keys.

- 1) From the Main Menu, use the UP & DOWN Keys to scroll and select the MANUAL PROGRAM. Confirm your selection by pressing the ENTER Key.
- 2) Press the START Key to begin your workout.

ALARM:

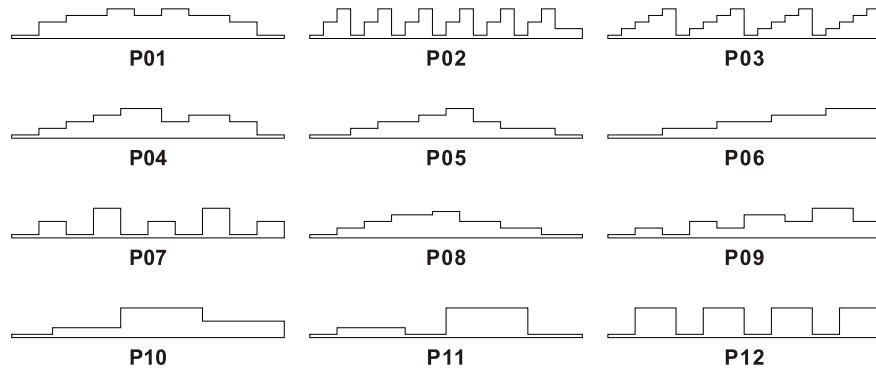
Auto. ALARM for over the target setting.

COMPUTER INSTRUCTIONS

Program Profiles

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

There are 12 x PROGRAM PROFILES to choose from as shown in the diagrams below:



- 1) From the Main Menu, use the UP & DOWN Keys to scroll and select the PROGRAM PROFILES. Confirm your selection by pressing the MODE Key.
- 2) Use the UP & DOWN Keys to scroll through the 12 x PROGRAM PROFILES. After two seconds the computer will automatically display the Program Profile. Press the MODE Key to confirm your selection.
To immediately start your workout press the START Key.
- 3) 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.

User Profile Program

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

- 1) From the Main Menu, use the UP & DOWN Keys to scroll and select the USER PROGRAM. Confirm your selection by pressing the MODE Key.
- 2) There are 20 columns, each with a choice of 16 resistance levels. Use the UP & DOWN Keys to select your resistance level. Press the MODE Key to confirm your selection.
*To immediately start your workout press the START Key.
- 3) To select target values press the MODE Key. Use the UP & DOWN Keys to select your target values. Press the MODE Key to confirm your selections. Then press the START Key to begin your workout.

55% 75% 90% Heart Rate Control Programs

The % H.R.C PROGRAMS are designed to keep your heart rate at the constant level you have selected. Every 30 x seconds the computer will check your pulse (bpm) against what you have selected and will automatically adjust the resistance levels accordingly.

NOTE: During your workout you cannot adjust the resistance levels.

To select the Heart Rate that is optimal for you, see CALCULATING TARGET HEART RATE on the next 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 55% H.R.C and increase your % H.R.C as your fitness improves.

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

- 1) From the Main Menu, use the UP & DOWN Keys to scroll and select the H.R.C. PROGRAM. Confirm your selection by pressing the MODE Key.
- 2) Use the UP & DOWN Keys to scroll and input your age and the computer will automatically calculate your Heart Rate 55% 75% 90%. Press the MODE Key to confirm your selection.
- 3) Use the UP & DOWN Keys to scroll and select one of the 3 x % H.R.C PROGRAMS. Press the MODE Key to confirm your selection.
*To immediately start your workout press the START Key.
- 4) To select target values use the UP & DOWN Keys. Press the MODE Key to confirm your selections. Then press the START Key to begin your workout.

Target Heart Rate Control Program

The TARGET H.R.C PROGRAM is designed to keep your heart rate at the constant level you have selected. Every 30 x seconds the computer will check your pulse (bpm) against what you have selected and will automatically adjust the resistance levels accordingly.

NOTE: During your workout you cannot adjust the resistance levels.

To select the Heart Rate that is optimal for you, see CALCULATING TARGET HEART RATE on the next 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 55% H.R.C and increase your Target Heart Rate as your fitness improves.

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

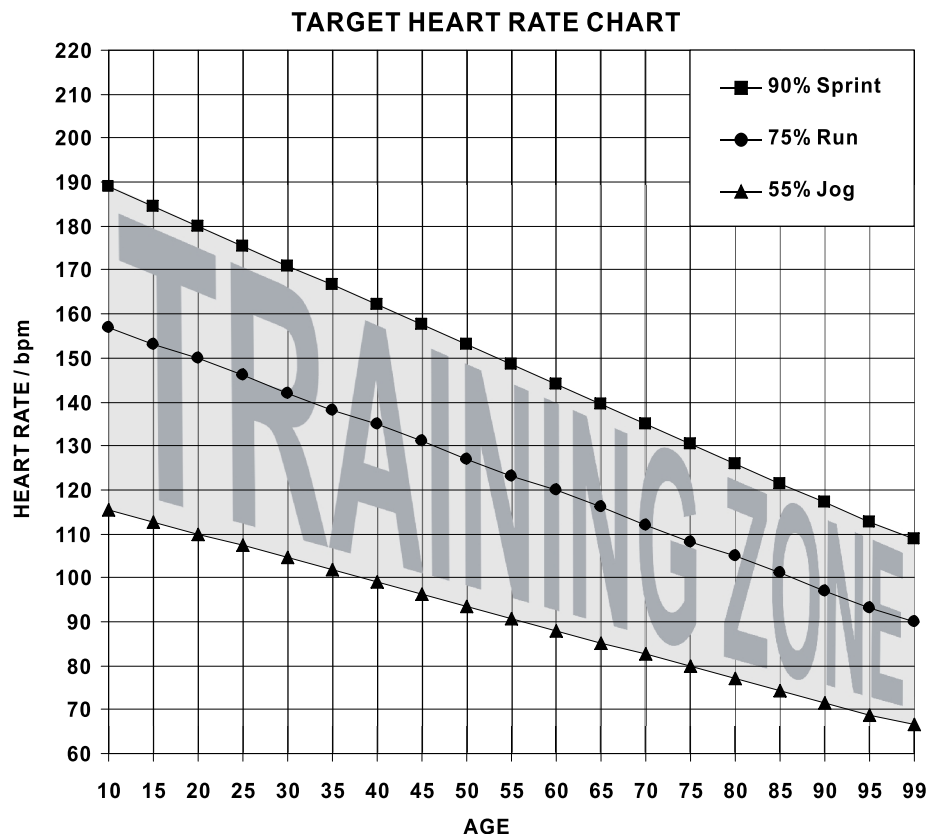
- 1) From the Main Menu, use the UP & DOWN Keys to scroll and select the H.R.C. PROGRAM. Confirm your selection by pressing the MODE Key.
- 2) Your age impute is not relevant so skip this section by pressing the MODE Key.
- 3) Use the UP & DOWN Keys to scroll and select the TARGET H.R.C PROGRAM. Press the MODE Key to confirm your selection.
- 4) Use the UP & DOWN Keys to input your desired Pulse (bpm). Press the MODE Key to confirm your selection.
NB To immediately start your workout press the START Key.
- 5) To select target values use the UP & DOWN Keys. Press the MODE Key to confirm your selections. Then press the START Key to begin your workout.

COMPUTER INSTRUCTIONS

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 55%, 75% and 90%, that is our suggested training zone. We also suggest that you start your workouts at the 55% T.H.R and increase your T.H.R % as your fitness improves.

TARGET HEART RATE FORMULA: $220 - \text{AGE} \times \text{T.H.R.\%}$ (e.g. $220 - 30 \text{ years old} \times 55\% = \text{T.H.R } 104.5$)



Recycle

Help save the planet. Please recycle this computer after use.



Watts Program

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

- 1) From the Main Menu, use the UP & DOWN Keys to scroll and select the WATT PROGRAM. Confirm your selection by pressing the MODE Key.
- 2) Use the UP & DOWN Keys to input your desired watt value. Press the MODE Key to confirm your selection.

NB To immediately start your workout press the START Key.

- 3) To select target values use the UP & DOWN Keys. Press the MODE Key to confirm your selections. Then press the START Key to begin your workout.

Recovery Program

The 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 STOP Key then press the RECOVERY Key.
- 2) The computer will analyze your heart rate recovery for one minute and display a result as follows.

F1 ~ SUPER FIT
F4 ~ FAIR

F2 ~ VERY FIT
F5 ~ UNFIT

F3 ~ FIT
F6 ~ VERY UNFIT

Target Values TIME - DISTANCE - CALORIES - TARGET HEART RATE - WATT

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 select value.

The computer will stop and sound an alarm once the **FIRST** target value has been achieved. Press the STOP Key to stop the alarm.

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

DISTANCE: 0.1~99.9 kilometers or miles (in 0.1 steps).

CALORIES: 10~990 (in 10 calorie steps).

WATT: 10~350 (in 5 watt steps, only applies to the WATT PROGRAM).

TARGET HEART RATE: 30~240 bpm (in single steps, only applies to TARGET H.R.C PROGRAM).

Heart Rate Receiver & Chest Bands

If your computer has a built in chest band receiver that uses the international standard 5kHz 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.