SM7255 EXERCISE COMPUTER WITH DUAL COLOR BACKLIGHT DISPLAY
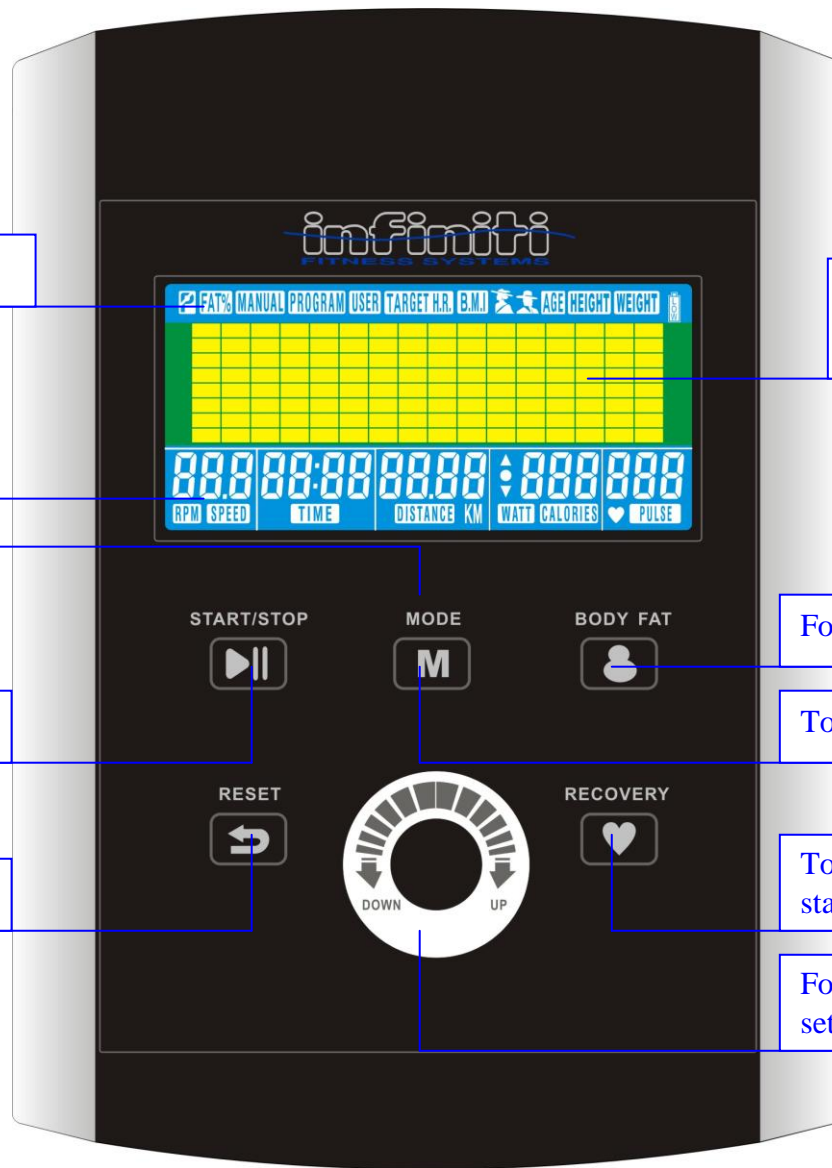
Exercise program display

Exercise value display

E-touch button

To start or stop workout

Back to main menu

Dual-color backlight LCD display

For body fat measurement

To confirm setting

To test heart rate recovery status

For upward or downward setting

OPERATING INSTRUCTIONS FOR SM7255 COMPUTER

POWER ON Once your exercise machine is fully assembled and correctly positioned, then insert the plug-in adaptor socket. The computer should automatically power on and all the LCD segments will briefly light up. The power supply require 9 volt, 1000mA AC adaptor.

AUTO POWER OFF/ON. As long as you are working out the computer will operate. If there is not input for 4 minutes then the computer will automatically turn off. All existing values will be held until the computer is powered up again.

COMPUTER KEY FUNCTIONS

START/STOP KEY. By pressing this key the computer will START and STOP. When the computer is in the stop mode "P" will be displayed. If no sensor input is detected for 4 seconds the computer will stop and "P" will be displayed. All functions will resume when the sensor input in reactivated or the START key is pressed.

RESET KEY. Press this key once to revert back to the previous display. Pressing and holding the RESET key for 2 seconds will reset all functions and return you to the personal data entry section.

RECOVERY KEY. Pressing this key at the end of your workout will activate the recovery function and test your fitness level. You must maintain pulse input during the 60 second recovery countdown test.

MODE KEY To confirm your selection or switch the display

BODY FAT KEY. Pressing this key in STOP mode for user's body fat measurement.

UP & DOWN KEY. Two functions
1. Before your workout – Cycle through the available selection.
2. During your workout – Adjust the resistance levels.

PROGRAMMING FUNCTIONS

PERSONAL DATA STORAGE. There are 4 separate user personal data storage files listed from U1 to U4. When the computer is powered-up it will first display the wheel size setting of 78.0 for 2 seconds then automatically enter the user data storage section where you will be asked to enter your sex, age, height and weight. The first user number displayed will be the last user number selected. Turning the UP and DOWN to select the required user number, U1 to U4, press MODE. The computer will now enter the personal data entry section and the male symbol will flash (along with the P indicator). If there is no change to your personal data from the last workout press MODE quickly 4 times. Turning the UP and DOWN key to change to female. Once the correct sex symbol is flashing press MODE. The computer will now prompt you to enter your correct age. Turning the UP and DOWN KEYS until your correct age is flashing then press MODE. Enter your height in cm. Select your correct height and press enter. Now select and enter your weight in Kg. Press MODE. You will now enter the programming mode.

PROGRAMMING MODE

All program selections will be flashing (along with the P indicator). Selections are MANUAL, PROGRAM, USER, TARGET H.R. Turning the UP and DOWN until the program you want is flashing, press MODE.

MANUAL MODE. This mode can be selected at any time by pressing **QUICK START**. This quick start mode will allow users to immediately start exercising without entering any data. When the computer is powered up press the QUICK START key and start exercising. If you want the correct value for CALORIES you should enter your correct personal data or select your preprogrammed user number. You have the opportunity to preset one countdown value from TIME, DISTANCE or CALORIES and the value for both WATTS and HEART RATE. The function to be preset will be flashing. Press the SELECT key until the desired value is displayed then press MODE. Pressing MODE again and again will cycle through all presettable functions. Press START and begin exercising. Adjust the resistance level to suit.

WATTS DEPENDANT MODE. Available in MANUAL MODE only. (Also referred to as Speed Independent Mode). The resistance level will automatically adjust to the preset WATTS value regardless of Speed (except for very slow Speeds and higher Watts settings where the resistance can only reduce to level 1 or increase to level 16, maximum).

PROGRAM MODE. You will have the option to choose from 12 program profiles P1 to P12. The program profiles are displayed on the front panel. The display will show the program number (P1) for 1 second then the profile will be displayed. Select the profile you want and press MODE. (If you want to reselect the profile press RESET once). You now have the opportunity to preset one countdown values from TIME, DISTANCE or CALORIES and the value for your HEART RATE. Press the SELECT key until the desired value is displayed then press MODE. Pressing MODE again and again will cycle through all presettable functions. Press START and begin exercising. Once the program has started the first segment of the profile will flash, you can adjust the resistance level and the entire profile will be adjusted.

USER PROGRAM MODE. This program has a blank profile that can be preset by any user. Resistance levels from 1 to 16 can be selected across all 16 time segments. Press the SELECT key until the desired level for that segment is selected then press MODE. Move across all 16 segments until the profile is

built. You will also have the opportunity to preset any countdown value available in the PROGRAM MODE. Once you have pressed START you can adjust the resistance level of any segment. The profile as displayed when STOP is pressed will be stored for future use.

TARGET H.R. MODE. There are 4 heart rate programs available. 55%, 75%, 90% and THR. (Formula for percentage heart rate programs is 220bpm minus your age multiplied by the percentage required). Press SELECT and cycle through the programs. Your target heart rate will be displayed for each preset program. Press MODE for the desired program. If you select the THR program you have the option to preset the heart rate value you wish. For all programs you also have the opportunity to preset countdown values for TIME, DISTANCE and CALORIES.

RECOVERY. This function evaluates your fitness level by measuring how quickly your heart rate "recovers" over a period of I minute. At the end of your workout press the RECOVERY key. The computer will STOP all functions except HEART RATE and TIME, which will start to countdown from 60 seconds. HEART RATE sensor input MUST be maintained during the RECOVERY test. When the timer reaches 00 your recovery score will be displayed from F1 to F6.

F1 -SUPER FIT
F2 – VERY FIT
F3 – FIT
F4 – FAIR
F5 – UNFIT
F6 – VERY UNFIT

Press the RECOVERY key to return to the main display.

BODY FAT. The function test your body fat percentage and BMI. At the end of your workout press the BODY FAT key and hold both hands on the handgrips.   HEART RATE sensor input MUST be maintained during the BODY FAT measurement. Computer will display "----" during measurement for 8 seconds then display BODY FAT advice symbol, BODY FAT percentage, BMR, BMI for 30 seconds.
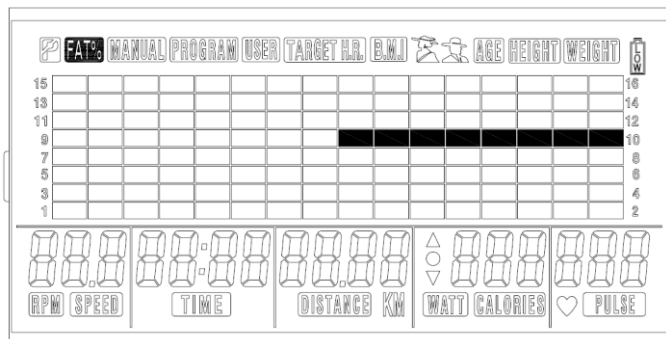
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B.M.I. (Body mass index) integrated

B.M.I SCALE	LOW	LOW/MED	MEDIUM	MED/HIGH
RANGE	<20	20-24	24.1-26.5	>26.5

BODY FAT:

SYMBOL	—	+	▲	◆
FAT% SEX	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.9%	26%-30%	>30%
FEMALE	<23%	23%-35.9%	36%-40%	>40%

DISPLAY FUNCTIONS

BAR GRAPH. This display is made up of 128 segments, 16 horizontal column segments and 8 vertical row segments. The vertical segments represent the resistance level and the horizontal segments represent Time. Each vertical segment will represent 2 resistance levels. If Time is not preset (counts

up) then each column segment represents 1 minute. If Time is preset to say 20 minutes the Time period is divided equally into the 16 columns. (Each column is 1min 15 sec)

ELAPSED TIME. Time counts up from 00:00 to 99:59.

SPEED. Speed is displayed in km/h from 0.0 to 99.9. This function is displayed for 4 seconds and then RPM is displayed for 4 seconds.

RPM. Displays the pedal crank speed in revelations per minute from 0 to 999. This function is displayed for 4 seconds and then SPEED is displayed for 4 seconds.

DISTANCE. Distance is displayed in km/h from 0.00 to 99.99.

CALORIES. Calories are displayed in Kilocalories from 0 to 999.

HEART RATE. Heart Rate is displayed in BPM (bests per minute) from 30 to 240. NOTE: When the sensor detects your heart rate the ♥ symbol will flash on the display in unison.