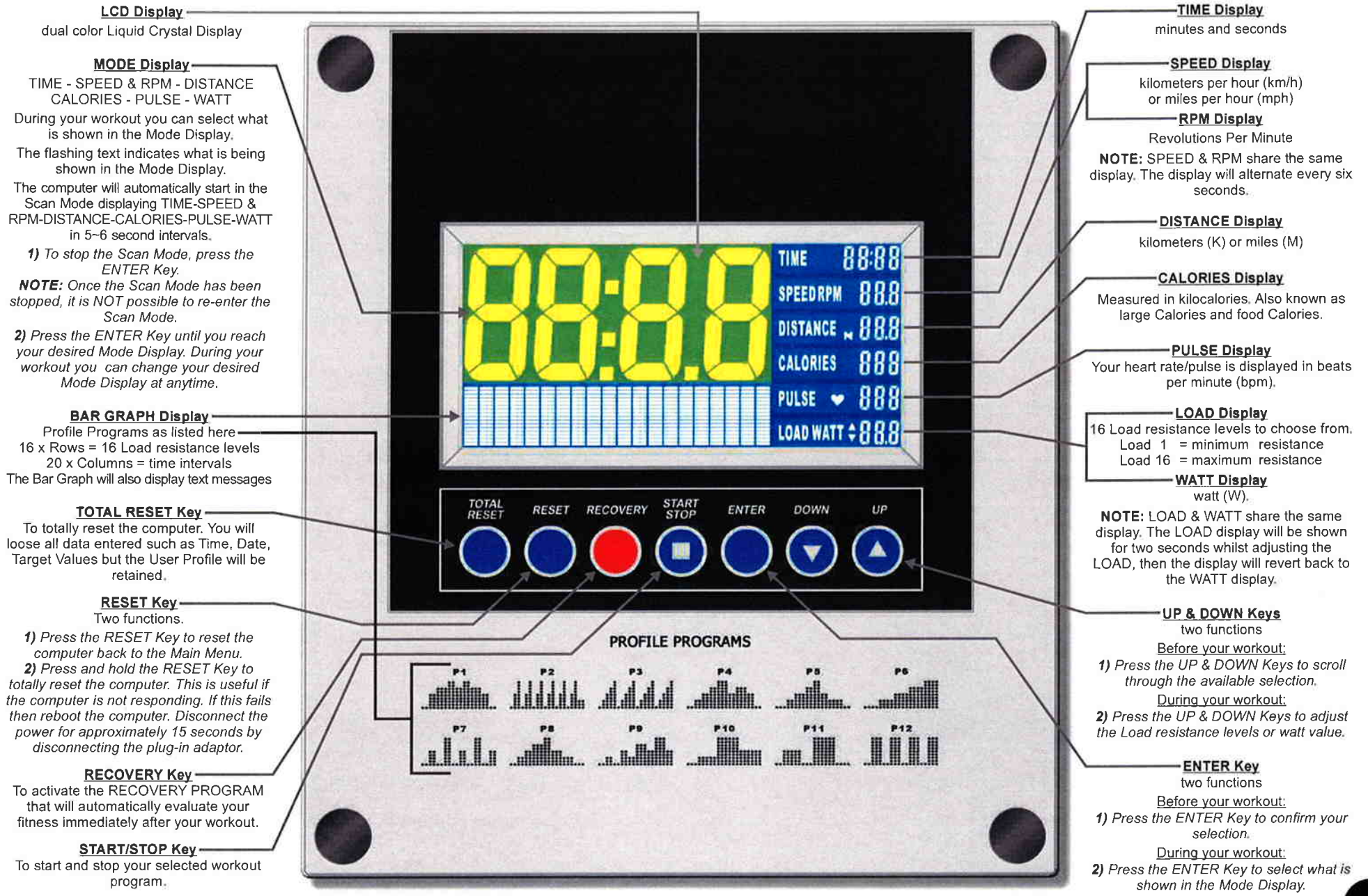


SM6668 SM6660 SM6658 COMPUTERS



OPERATING INSTRUCTIONS

SM6668 SM6660 SM6658 COMPUTER INSTRUCTIONS



LCD Display
dual color Liquid Crystal Display

MODE Display
TIME - SPEED & RPM - DISTANCE
CALORIES - PULSE - WATT
During your workout you can select what is shown in the Mode Display. The flashing text indicates what is being shown in the Mode Display. The computer will automatically start in the Scan Mode displaying TIME-SPEED & RPM-DISTANCE-CALORIES-PULSE-WATT in 5-6 second intervals.

- 1) To stop the Scan Mode, press the ENTER Key.
- NOTE:** Once the Scan Mode has been stopped, it is NOT possible to re-enter the Scan Mode.
- 2) Press the ENTER Key until you reach your desired Mode Display. During your workout you can change your desired Mode Display at anytime.

BAR GRAPH Display
Profile Programs as listed here
16 x Rows = 16 Load resistance levels
20 x Columns = time intervals
The Bar Graph will also display text messages

TOTAL RESET Key
To totally reset the computer. You will lose all data entered such as Time, Date, Target Values but the User Profile will be retained.

RESET Key
Two functions.
1) Press the RESET Key to reset the computer back to the Main Menu.
2) Press and hold the RESET Key to totally reset the computer. This is useful if the computer is not responding. If this fails then reboot the computer. Disconnect the power for approximately 15 seconds by disconnecting the plug-in adaptor.

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.

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 (K) or miles (M)

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).

LOAD Display
16 Load resistance levels to choose from.
Load 1 = minimum resistance
Load 16 = maximum resistance

WATT Display
watt (W).
NOTE: LOAD & WATT share the same display. The LOAD display will be shown for two seconds whilst adjusting the LOAD, then the display will revert back to the WATT display.

UP & DOWN Keys
two functions
Before your workout:
1) Press the UP & DOWN Keys to scroll through the available selection.
During your workout:
2) Press the UP & DOWN Keys to adjust the Load resistance levels or watt value.

ENTER Key
two functions
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.

SM6668 SM6660 SM6658 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.

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.

NOTE: When in the Display Mode, to prevent the computer from overheating the backlight will automatically turn off.

Getting Started **SETTING THE DATE & TIME**

When the computer is first activated (or after pressing the TOTAL RESET Key) the LCD Display will be flashing and requesting data impute 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 selections.

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** 1 x USER PROFILE PROGRAM
4. **H.R.C.** 4 x HEART RATE CONTROL PROGRAMS
5. **WATT** 1 x WATT PROGRAM

1) Press 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 is preset at Load resistance level one. Before and during your workout you can adjust the Load resistance levels by pressing the UP & DOWN Keys.

1) From the Main Menu, press the UP & DOWN Keys to scroll and select the MANUAL PROGRAM. Confirm your selection by pressing the ENTER Key.

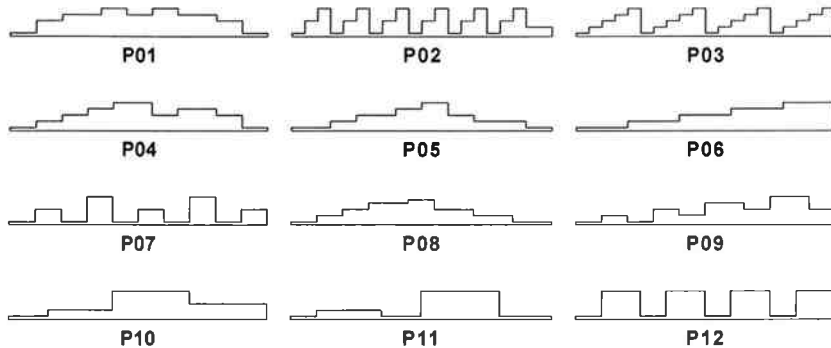
2) Press the START Key to begin your workout.

SM6668 SM6660 SM6658 COMPUTER INSTRUCTIONS

Profile Programs

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

There are 12 x PROFILE PROGRAMS to choose from as shown in the diagrams below:



- 1) From the Main Menu, press the UP & DOWN Keys to scroll and select the PROGRAM PROFILES. Confirm your selection by pressing the ENTER Key.
- 2) Press the UP & DOWN Keys to scroll through the 12 x PROFILE PROGRAMS. After two seconds the computer will automatically display the Profile Program. Press the ENTER Key to confirm your selection.

NB To immediately start your workout press the START Key.

- 3) To select target values press the ENTER Key. Press 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.
- 4) During your workout, press the ENTER Key to select your Mode Display. Press the UP & DOWN Keys to change the Load resistance level.

User Profile Program

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

- 1) From the Main Menu, press the UP & DOWN Keys to scroll and select the USER PROGRAM. Confirm your selection by pressing the ENTER Key.
- 2) There are 20 columns, each with a choice of 16 Load resistance levels. Press the UP & DOWN Keys to select your Load resistance level. Press the ENTER Key to confirm your selection. To bypass this function and go directly to target values, press and hold the ENTER Key for 2 x seconds.

NB To immediately start your workout press the START Key.

- 3) To select target values press the ENTER Key. Press 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.
- 4) During your workout, press the ENTER Key to select your Mode Display. Press the UP & DOWN Keys to change the Load resistance level.

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 heart rate (bpm) against what you have selected and will automatically adjust the Load resistance levels accordingly.

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

To select a bpm 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 is not 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 absolute **Maximum Heart Rate** is equal to **220 bpm - your age**.

- 1) From the Main Menu, press the UP & DOWN Keys to scroll and select the H.R.C. PROGRAM. Confirm your selection by pressing the ENTER Key.
- 2) Press the UP & DOWN Keys to scroll and select your age and the computer will automatically calculate your bpm for 55% 75% 90%. Press the ENTER Key to confirm your selection.
- 3) Press the UP & DOWN Keys to scroll and select one of the 3 x % H.R.C PROGRAMS. Press the ENTER Key to confirm your selection.

NB To immediately start your workout press the START Key.

- 4) To select target values press the UP & DOWN Keys. Press the ENTER Key to confirm your selections. Then press the START Key to begin your workout.
- 5) During your workout, press the ENTER Key to select your Mode Display.

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 Load resistance levels accordingly.

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

To select a bpm 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 a Target Heart Rate of 55% and increase your Target Heart Rate as your fitness improves.

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

- 1) From the Main Menu, press the UP & DOWN Keys to scroll and select the H.R.C. PROGRAM. Confirm your selection by pressing the ENTER Key.
- 2) Your age impute is not relevant so skip this section by pressing the ENTER Key.
- 3) Press the UP & DOWN Keys to scroll and select the TARGET H.R.C PROGRAM. Press the ENTER Key to confirm your selection.
- 4) Press the UP & DOWN Keys to impute your Target Heart Rate in bpm. Press the ENTER Key to confirm your selection.

NB To immediately start your workout press the START Key.

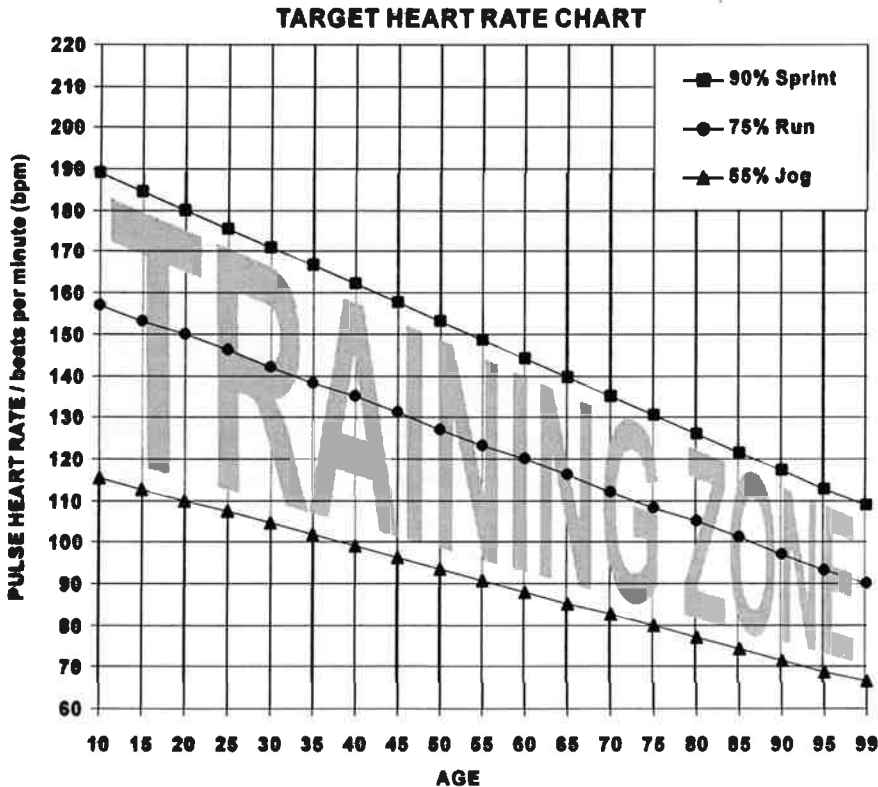
- 5) To select target values press the UP & DOWN Keys. Press the ENTER Key to confirm your selections. Then press the START Key to begin your workout.
- 6) During your workout, press the ENTER Key to select your Mode Display.

SM6668 SM6660 SM6658 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.



Watt Program

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

- 1) From the Main Menu, press the UP & DOWN Keys to scroll and select the WATT PROGRAM. Confirm your selection by pressing the ENTER Key.
- 2) Press the UP & DOWN Keys to select your watt target value. Press the ENTER Key to confirm your selection.

NB To immediately start your workout press the START Key.

- 3) To select target values press the UP & DOWN Keys. Press the ENTER Key to confirm your selections. Then press the START Key to begin your workout.
- 4) During your workout, press the ENTER Key to select your Mode Display. Press the UP & DOWN Keys to change your watt target value.

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

The PULSE Target Value is also optional. If selected and your pulse goes above your selection then the computer will sound alarm to warn you to reduce your pulse heart rate.

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

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.