FUNCTION CONTROL

TRAINING PROGRAMS

STOP   TIME

SPEED

USER DATA

PULSE

WATTS

DISTANCE

PROGRAMS

ENTER & UP / DOWN KEY

FUNCTION

SCAN   : Alternates between WATTS/CALORIES and RPM/SPEED. 6 seconds per display.
RPM   : 0~15~999
SPEED   : 0.0~99.9 km/h
TIME   : 0:00~99:59.
DISTANCE   : 0.00~99.99 km
CALORIES   : 0~999.
WATTS   :0~999 watts
PULSE   : P~30~240
HEART SYMBOL   : ON / OFF flashes
MANUAL   : 1~16 level
PROGRAM   : P1~P12
WATTS 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)
  ◆ AGENDR / SEX : GIRL / BOY SYMBOL   select

  ◆ AGE   : 10-25-99
  ◆ HEIGHT   : 100-160-200 (CM)   /   40-60-80 (INCH)
  ◆ WEIGHT   : 20-50-150 (KG) / 40-100-350 (LB)

DESCRIPTION
This product is used EMS series system.

1. **PRE-SET USER/SEX/AGE/HEIGHT/WEIGHT**
    User inputting his/her real user data (sex / age/ height / weight) into computer to stove it to be used in calculated reference.
2. **SELECT MANUAL/PROGRAMS/ WATT CONSTANT/USER/H.R.C**
    User can choose different control mode to start his work out. See below is main description of each control mode.
3. **EXECUTE MANUAL/PROGRAMS/ WATT CONSTANT/USER/H.R.C**
    Execute selected control mode.

4. **PRE-SET FUNCTION VALUE- TIME/DISTANCE/CALORIES/WATTS/PULSE**
    Setting and inputting user wanted function value of above, the function value of display will count down to zero; or user can not inputting these, just forget setting value, computer will know your workout is from 0 to end value.
5. **PRESS ENTER/UP/DOWN/START/STOP**
    Use UP / DOWN key to increase / decrease function value.
    After setting each function value to press "ENTER" to confirm your setting
    START / PAUSE- Finish previous setting step to press START to start operating; user can press "PAUSE" if he/her want to pause workout a while.

6. RECOVERY

When you have finished your workout, press RECOVERY. For RECOVERY to function correctly, it needs your Heart Rate input. TIME will count - from 1 minute and then your fitness level from F1 to F6 will be displayed.
NOTE: during RECOVERY, no other displays will operate.

F1 ~ F6 = RECOVERY HEART RATE LEVEL

Score	Condition	Heart Rate (from test HR minus end HR)
F1	Excellent	Above 50
F2	Good	40 ~ 49
F3	Average	30 ~ 39
F4	Fair	20 ~ 29
F5	Poor	10 ~ 19
F6	Very Poor	Under 10

FUNCTION DESCRIPTION

MANUAL Set the resistance level using the dot matrix display then (if required) set exercise parameters TIME/DISTANCE / CALORIES / PULSE then press START/STOP to START manual program.

PROGRAM 12 automatic adjusting programs with control exercise (P1~P12),
Resistance level can be adjusted during PROGRAM DIAGRAM is flashing.
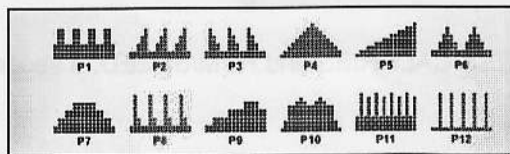
WATTS CONSTANT : User can default WATTS value at his/her desire 10-350 watts between 10~350 watts by using the UP/DOWN knob. To fix WATTS constant value and then press ST/STOP key. Use WATTS control mode to train yourself in different WATTS's constant.

PERSONAL Create your own Program profile through U1~U4 by setting the resistance level for each individual segment. Then the Program will be automatically saved for future use. U0 ENTER can be set the same as U1~U4 but this Program cannot be saved.

H.R.C HEART RATE CONTROL- Select your own target Heart Rate of choose one of the preset programs 55%, 75%, or 90%. Please enter your age into the User Data to ensure that your target heart rate is set correctly. The PULSE display will flash when you have reached your target heart rate according to the Program you have chosen.

    i.   55% -- DIET PROGRAM
    ii.   75% -- HEALTH PROGRAM
    iii.   90% -- SPORTS PROGRAM
    iv.   TARGET—USER SET TARGET HEART RATE

OPERATION

1. After power-on U1 by default but you can select any User ENTER by turning the UP/DOWN key the press the ENTER key for confirmation. Input user data, sex, age, height, weight on top –right window. Then press ENTER key for confirmation.
2. Function Control display will flash indicating you can select the Programs P1-P12 by turning UP/DOWN key and then press ENTER key for confirmation. Any of the default values can be changed by pushing the ENTER key until the desired program profile is flashing. Press the ENTER key again for confirmation.

TIPS

1. Option: Plug in DC Adaptor (**24 VOLT, 2.5A**).
2. Keep moisture away from computer.