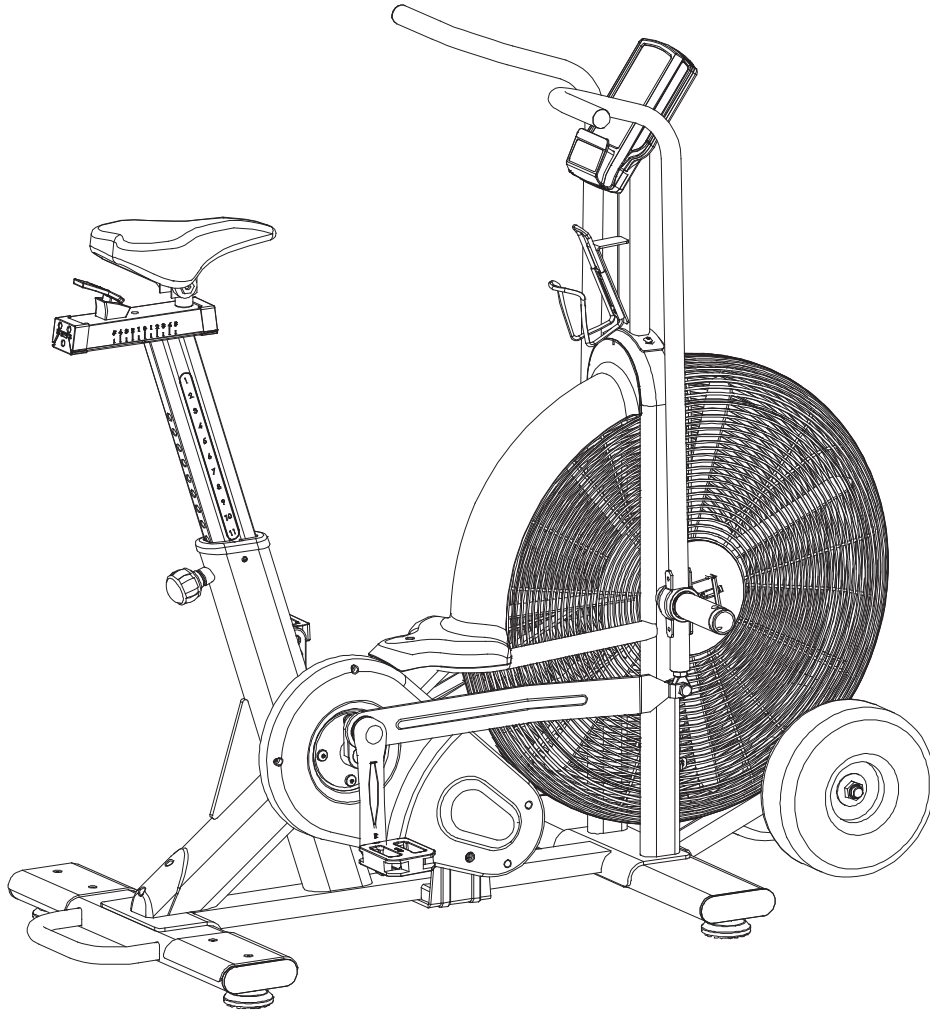


FRINGE SPORT

Assembly Instructions



FRINGE SPORT AIR BIKE

Tools Needed For Assembly:

TOOLS INCLUDED

Assembly
Time:

40:00

40 Minutes

Assembly



▲
Easy

▲
Advanced

Dear Customer,

Please read this instruction very carefully before using this item. You will find important information regarding safety of your spinning bike.

IMPORTANT SAFETY NOTICE

NOTE: Note the following precaution before assembling or operating the machine

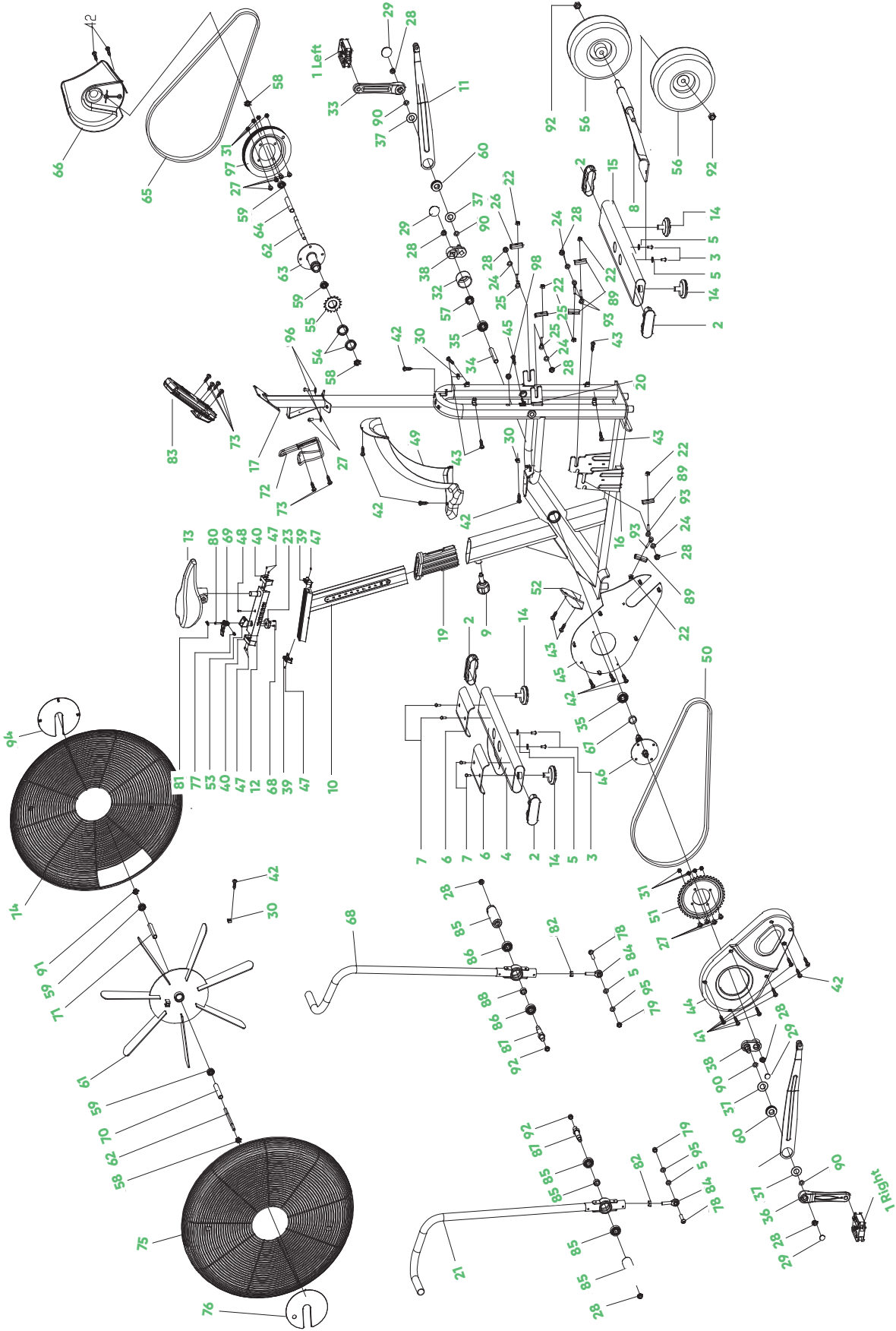
- 1** Keep children and pets away from the Spinning Bike at all times. **DO NOT** leave unattended children in the same room with the machine.
- 2** Handicapped or disabled persons should not use the spinning Bike without the presence of a qualified health professional or physician.
- 3** If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
- 4** Position the Spinning Bike on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
- 5** Use the Spinning Bike only for its intended use as described in this manual. **DO NOT** use any other accessories not recommended by the manufacturer.
- 6** Use the Spinning Bike only for its intended use as described in this manual. **DO NOT** use any other accessories not recommended by the manufacturer.
- 7** Assemble the machine exactly as the descriptions in the instruction manual.
- 8** Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.

- 9 Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the Spinning Bike until it is repaired well.
- 10 NEVER operate the Spinning Bike if it is not functioning properly. This machine can be used for only one person's training at a time.
- 11 Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
- 12 Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
- 13 Before exercising, always do stretching first.
- 14 Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the Spinning Bike until it is repaired well.

WARNING

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THE SPINNING BIKE. THANE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT

EXPLODED-VIEW & PARTS LIST:



Parts List

No.	Description	Qty	Spec
1	Pedal	1	JD-304V (9/16")
2	End Cap 3	4	120*40*35
3	Bolt 1	4	GB/T 70.2-2000 M10*30
4	Rear Stabilizer	1	Welding
5	Flat Washer	6	GB/T 95-2002 10
6	Front Cover	2	160*128*3
7	Bolt 1	4	GB/T 845-8ST4.8X19
8	Large Support Frame Assembly	1	Welding
9	Shape Knob	6	Ø50*91 (M16*35)
10	Vertical Seat Post	2	Welding
11	Drive Assembly	4	Welding
12	Seat Post	1	Welding
13	Seat	1	KS-9068
14	Stopper	1	Ø70*41 / (M16*25)
15	Front Stabilizer	2	Welding
16	Main Frame	1	Welding
17	Electronic Watch Connecting Assembly	1	Welding
18	Left Handle Bar Assembly	4	Welding
19	Plastic Sleeve	1	103*53.5*178
20	Sensor	1	SR-202
21	Right Handle Bar Assembly	1	Welding
22	Nut	1	GB/T 889.1-2000 M6
23	Fixing Nut 2	1	Ø44.8*16.25
24	Flat Washer	1	GB/T 95-2002 12 (H=2)

No.	Description	Qty	Spec
25	Fixing Bolt	2	M6*58
26	Pull Out The Fixed Piece	2	Ø 1
27	Bolt 1	10	GB/T 70.2-2000 M8*16
28	Nut	10	Welding
29	Crank End Cap	4	Ø28*6.5
30	Sprocket Buckle	9	Ø 1
31	Nut	8	GB/T 889.1-2000 M8
32	Plastic Ring	1	Ø56*28
33	Left Crank	1	170*15
34	Long Fixing Tube	1	Ø25*Ø2p.2*16.25
35	Bearing	2	6004ZZ
36	Right Crank	1	170*15
37	Outer Spring	4	42
38	Crank Drive Assembly	2	80*65
39	Cover	2	56*23.6*24.6
40	Cover	2	58*36.3*22.7
41	Screw 1	6	GB/T 845-1985 ST4.2*19
42	Screw 2	13	GB/T 845-1985 ST4.2*19
43	Screw 3	11	GB/845-1985 ST4.8X19
44	Chain Cover 1	1	478*270*60
45	Chain Cover 2	1	469*241*23
46	Axis	1	Ø20*162
47	Bolt 7	6	GB/T 70.2-2000 M4*12
48	Bolt 8	1	GB/T 70.2-2000 M5*18
49	Sweat Proof Cover	1	438*194*399
50	Short Chain Wheel	1	P=12.7,66

No.	Description	Qty	Spec
51	Belt Wheel	1	P=12.7, Z=52T
52	Handle Base	1	41.5*30*30
53	Lock Nut	2	M33*1*4
54	Chain Wheel 1	1	A7k-16 1/2"*1/8" 16T (1.37T")
56	Large Rubber Rollers	2	Ø250*80
57	Fixing Nut	1	M20*1.0
58	Fixing Nut 2	3	M12X1.25 H=6
59	Bearing	4	6001ZZ
60	Bearing	2	6004ZZ
61	Rim Assembly	1	Ø640*Ø69
62	Flywheel Shaft	2	Ø12*Ø160
63	Double Drive Assembly	1	Ø110*Ø107
64	Double Drive Inner Sleeve	1	Ø16*Ø12.2*91.1
65	Belt	1	5PK53
66	Chain Cover 3	1	248*269*80
67	Short Fixing Tube	1	Ø25*Ø20.5*9
68	Bolt 1	2	GB/845-85 M4*12
69	Handle	1	79*32*32.6
70	Flywheel Cuter Tube	1	Ø16*Ø12.2*35
71	Flywheel Inner Casing	1	Ø16*Ø12.2*53.1
72	Bottle Holder	1	Ø6
73	Screw 3	6	GB/T 5780-2000 M5*18
74	The Left Wheel Cover	1	Ø690*55
75	Right Wheel Cover	1	Ø690*55
76	Fan Baffle	1	Ø170*10
77	Handle Rotary Copper Sleeve	1	Ø12*20

No.	Description	Qty	Spec
78	Bolt 3	2	M10*50
79	Nut	2	GB/T 5780-2000 M10 H=15
80	Bolt 16	1	M6*35
81	Handle Cover	1	Ø16.4*Ø10*5.5
82	Nut	2	GBT/899.1-2000 M14*1.5 H=10mm
83	Computer	1	JSD-10421
84	Universal Joint	2	82*30 (M14*1.5)
85	Foot Lever	2	Ø38*Ø110(M16*1.5)
86	Bearing	4	6203ZZ
87	Foot Lever	2	Ø22*Ø110(M16*1.5)
88	Foot Lever Bushing	2	Ø24*Ø17.2*11.1
89	Small Retaining Plate	4	Ø3
90	Corrugated Gasket	4	Ø20
91	Fixing Nut 1	1	M12X1.25 H=10
92	Nut	4	GBT/899.1-2000 M16 H=12
93	Fixing Bolt	4	M6*56
94	Fan Baffle	1	Ø170*10
95	Spring Washer	2	GBT/859-1987 10
96	Spring Washer 2	2	GBT/859-1987 8
97	Belt Wheel	1	Ø200*Ø21
98	Plastic Plug	1	Ø14*14

ASSEMBLY INSTRUCTIONS

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

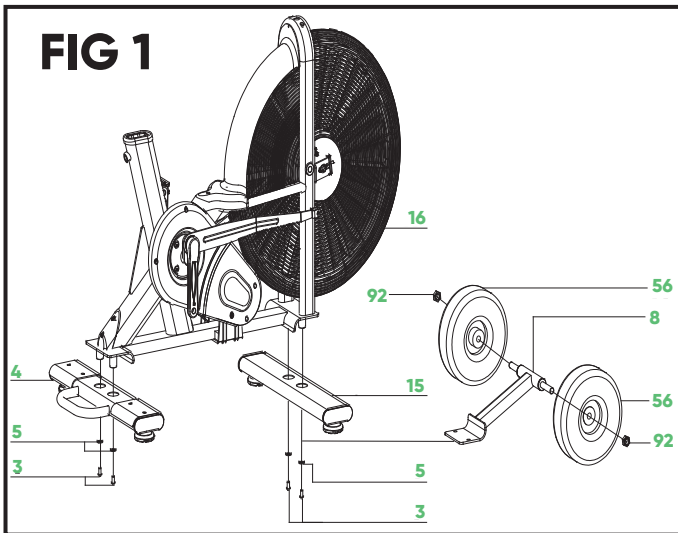
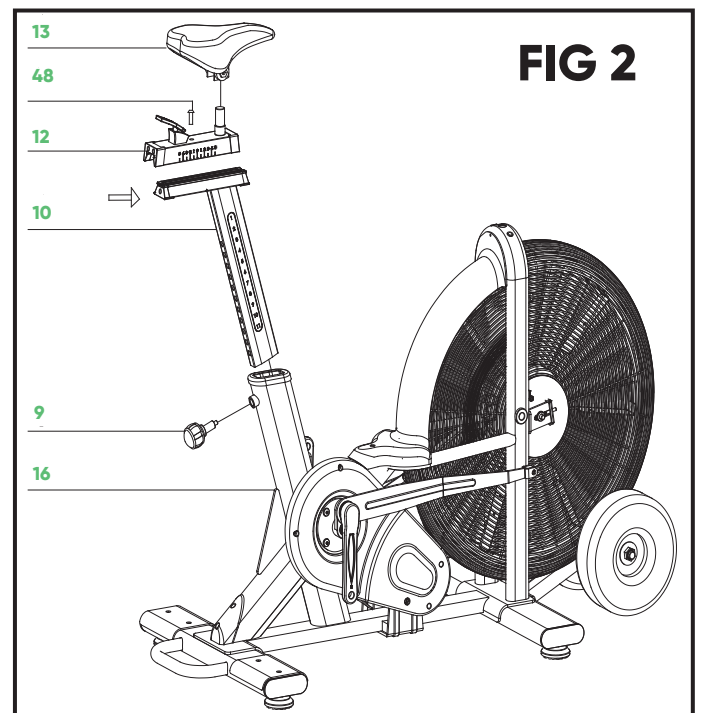


FIG 1:

Attach the Rear Stabilizer (4) to the Main Frame (16) using two sets of Ø10 Flat Washers (5) and bolt 1 (3) Attach the Front Stabilizer (15) and Large Roller Support Frame Assembly (8) to the Main Frame (16) using two sets of Ø10 Flat Washers (5) and bolt 1 (3). Two large rubber rollers (56) are respectively locked on both sides of the large Roller Support Frame Assembly (8) with a locknut (92)

FIG 2:

Slide the Vertical Seat Post (10) into the seat post housing on the main frame (16). And put the knob up, then release the round nut(48) , Then slide the Seat Post (12) into the Vertical Seat Post (10),Then fixing the bolt8 (48). You will have to slacken the knurled section of the Adjustment Knob (9) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion. Now fix the Seat (13) to the Seat Post (12) as shown, and tighten the bolts around the screws under the seat.



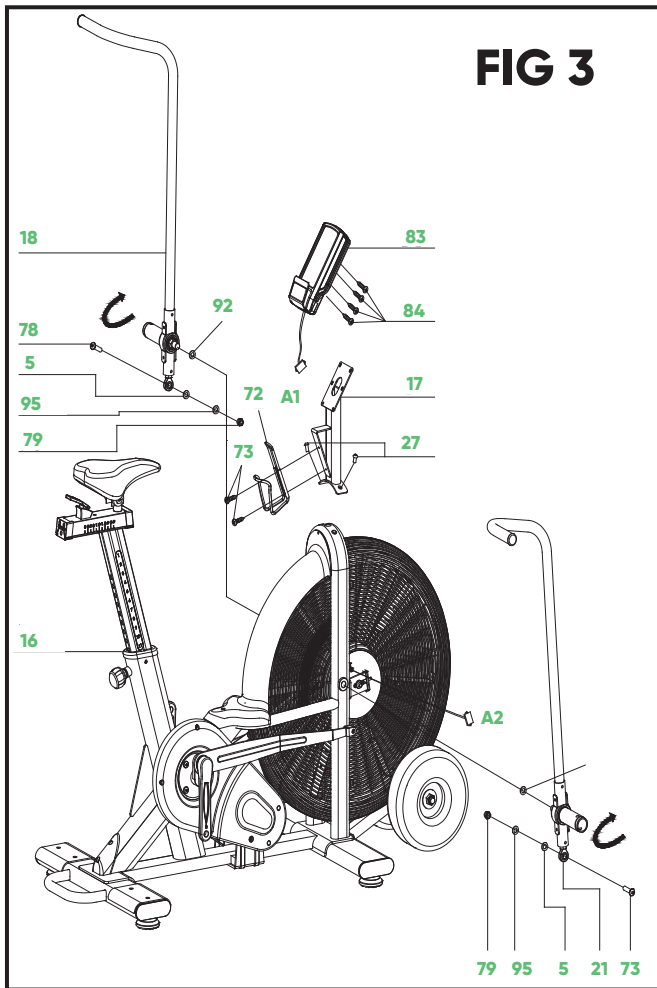


FIG 3

FIG 3:

The left hand assembly (18), the right wrench assembly (21) and the outer tooth type gasket (92) are fixed to the main frame assembly (16) in accordance with the graphic method, the inner six angle flat head screws (78), flat washer (5), Spring washer (95), the lock nut (79) drive assembly connected then, locking; electronic connection assembly (17) with six angle flat head screws (27) fixed to the main frame assembly (16), the cross slot screw (73) will Aluminum Alloy kettle (72) fixed to the main frame assembly (16) on.

ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY
The electronic meter assembly (83) with cross slot screw (84) fixed to the electronic connection assembly (17), connect the plug (A1&A2),

FIG 4:

The Pedals (pt.1 L & pt.1 R) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it. Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.

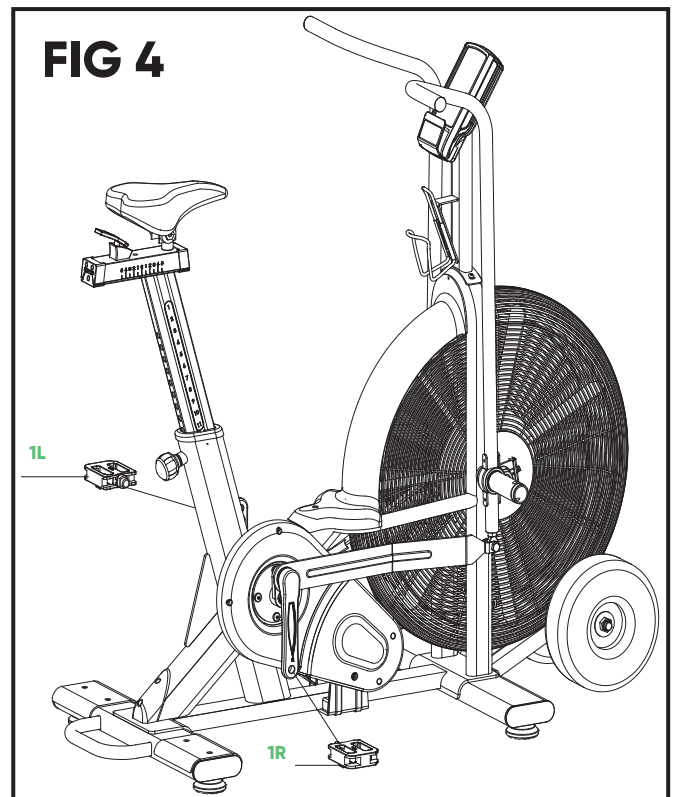


FIG 4

ADJUSTMENTS

***To adjust the seat height, slacken the spring knob on the vertical poststem on the main frame and pull back the knob.** Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.

***To move the seat forward in the direction of the handlebar or backwards away from it,** loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting knob.

***To adjust the handlebar height,** slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

EXERCISE INSTRUCTIONS

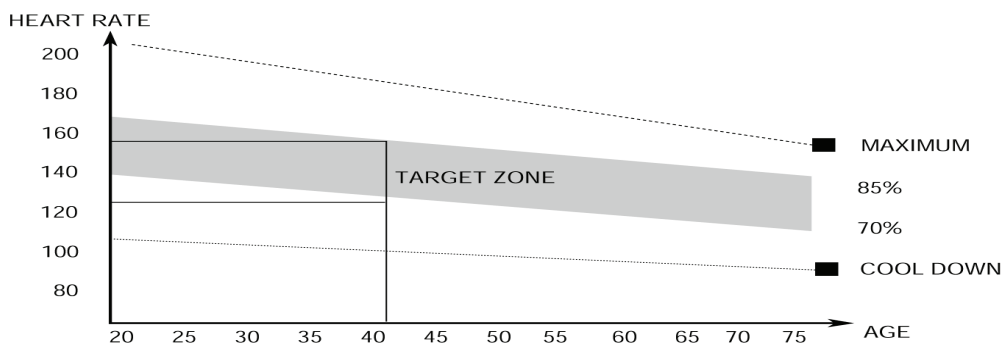
Using your SPINNING BIKE provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

1.) The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.

1.) The Warm Up Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work to your limit but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart rate into the target zone shown on the graph below.



This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

Muscle Toning

This is the stage where you put the effort in. After regular use, the muscles in your legs will become Stronger. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.

Weight Loss

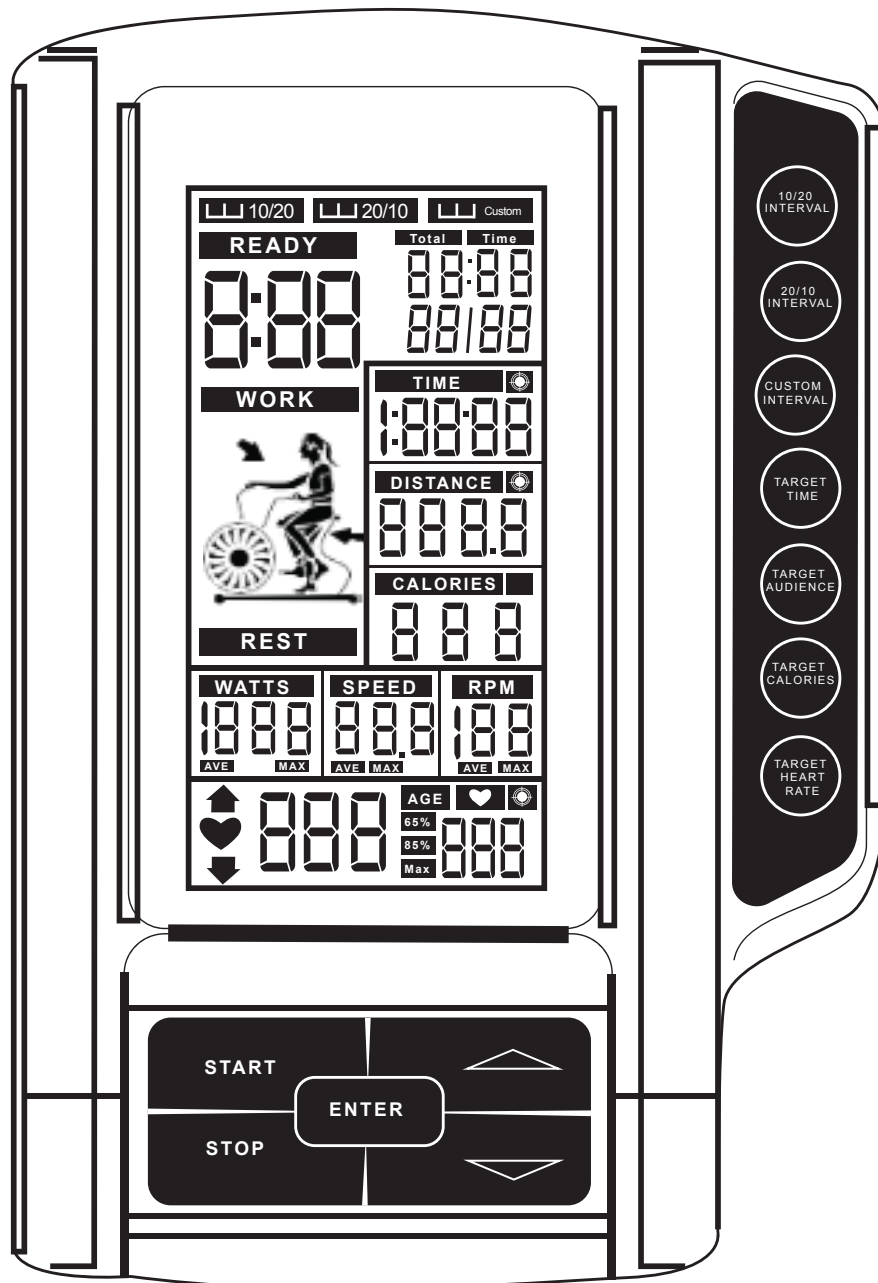
To tone muscle while on your SPINNING BIKE you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

Uses

The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

FRINGE SPORT

Monitor Manual



Instruction Manual

Daily Functions

TIME	DESCRIPTION
RPM	<ul style="list-style-type: none">• Display the rotation with princess with range for 0-199
SPEED	<ul style="list-style-type: none">• Display current raining speed 99.9 KM/H or ML/H.
TIME	<ul style="list-style-type: none">• Count up - No preset target, Time will count up from 00:00 to maximum 1:59:59 with each increment is 1 minute.• Count down - The console will countdown from preset time to 00:00:00 and each preset increment or decrement will be 1 minute between 00:01:00 to 1:59:00.
DISTANCE	<ul style="list-style-type: none">• Accumulates total distance from 0.0 up to 999.9 KM or ML or count down from preset value. User may preset target distance value with UP/DOWN key. Each increment is 1.0KM or ML.
CALORIES	<ul style="list-style-type: none">• Accumulates calories consumption or count down during training from 0 to maximum 999 calories. User may preset target Calories with UP/DOWN key.
WATT	<ul style="list-style-type: none">• Display the power consumption during training.• Display Range: 0~1999.
PULSE	<ul style="list-style-type: none">• User may set up target pulse value from 0~30 to 230 and the console buzzer will beep when the actual heart rate is over the target value during workout.

Button Functions

TIME	DESCRIPTION
START	<ul style="list-style-type: none">• To start workout quickly or resume workout in Stop mode.
STOP	<ul style="list-style-type: none">• To stop/pause workout.• To clear up all settings.• Hold on this key for 2 seconds to reboot the console
DOWN	<ul style="list-style-type: none">• To adjust Distance, Calories, Heart-rate, Time, Age value down.
UP	<ul style="list-style-type: none">• To start workout quickly or resume workout in Stop mode.
TARGET DISTANCE	<ul style="list-style-type: none">• Fast access to Target Distance training mode.
TARGET CALORIES	<ul style="list-style-type: none">• Fast access to Target Calories training mode.

TARGET HEART-RATE	•Fast access to Target Heart Rate training mode.
TARGET TIME	•Fast access to Target Time training mode.
INTERVAL	• There are 3 programs: INTERVAL 10/20,INTERVAL 20/10, Custom.
ENTER	• To confirm settings or enter program.

OPERATION INSTRUCTION

1. When POWER ON, LCD will full display 2s (Figure 1) with long beep sound, then display wheel diameter 1s in DIST area (Figure 2). Then enter into AGE setting mode , the AGE flashing to be set (Figure 3). Press the UP/DOWN to set age and press ENTER to confirm then go to Standby mode.

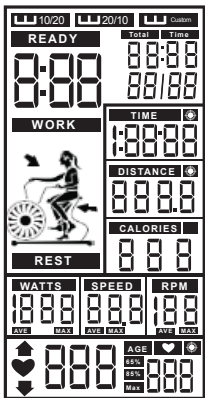


Figure 1

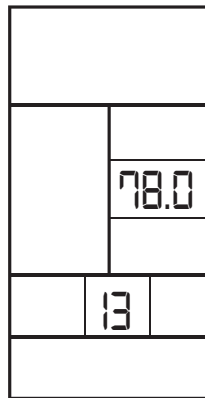


Figure 2

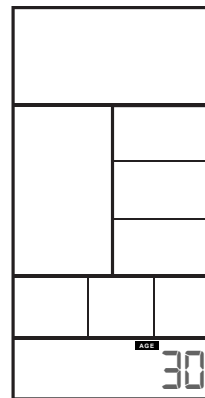


Figure 3

2. The window of INTERVAL10/20、INTERVAL10/20、INTERVAL CUSTOM、READY、WORK、REST、TIME、DISTANCE、CALORIES、WATTS、SPEED、RPM and will flash by sequence in every 1s (Figure 4~Figure 16). If no input of key operation or RPM signal or pulse input for 60s, computer will go to Sleeping mode.

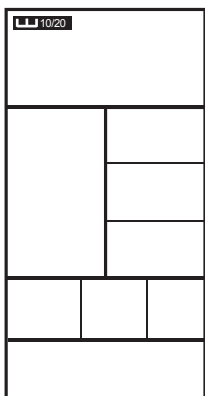


Figure 4

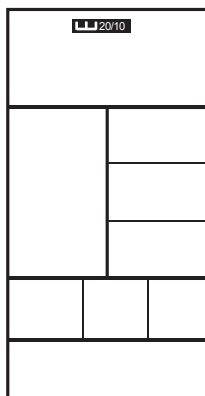


Figure 5

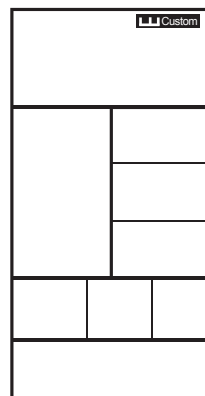


Figure 6

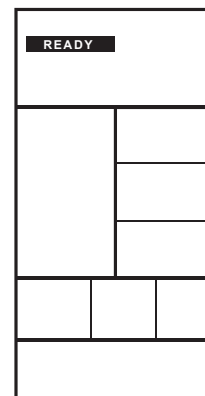


Figure 7

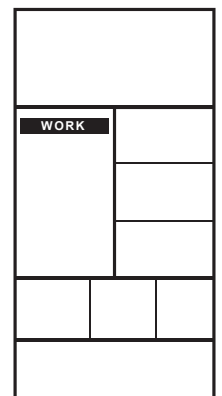


Figure 8

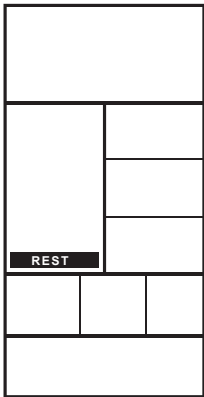


Figure 9

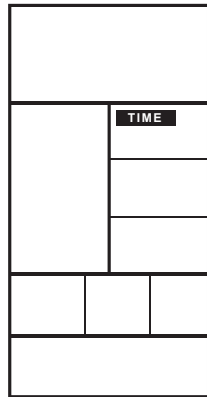


Figure 10

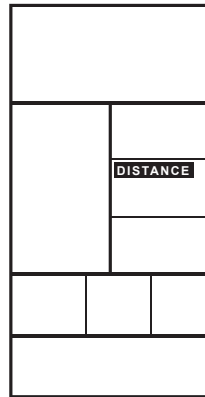


Figure 11

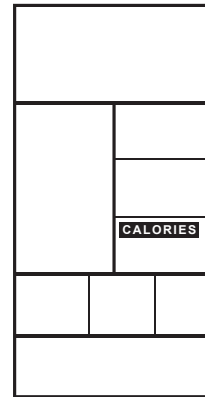


Figure 12

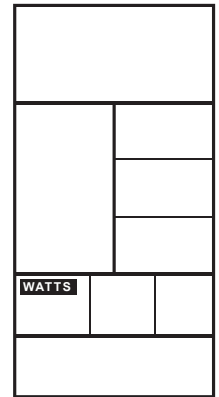


Figure 13

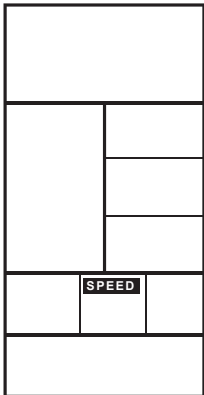


Figure 14

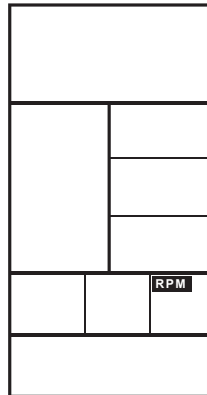


Figure 15

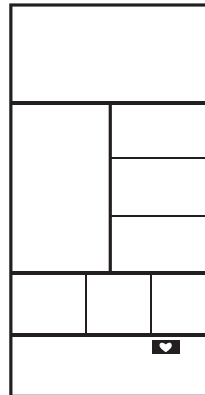


Figure 16

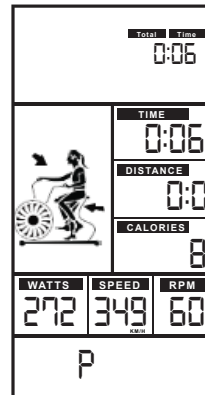


Figure 17

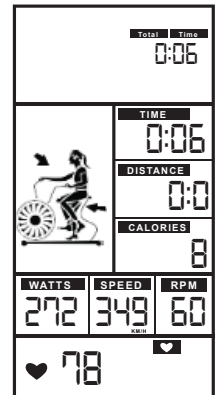


Figure 18

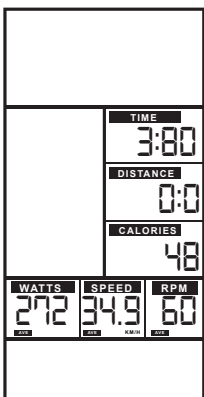


Figure 19

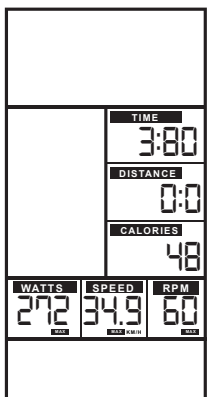


Figure 20

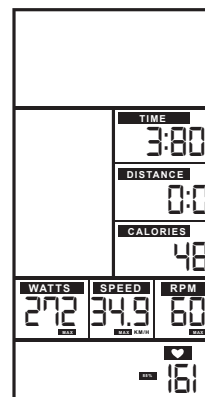


Figure 21

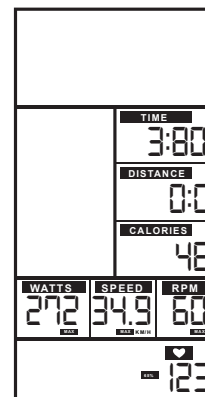


Figure 22

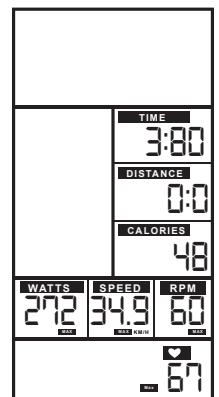


Figure 23

3. Select Manual, Interval, Target Distance, Target Calories, Target HR, Target Time program:

3.1 Manual Mode:

- 1 In Standby mode, press **START** to start workout quickly, the buzzer sound 1 second. **TOTAL TIME/ TIME/ DISTANCE/ CALORIES/ WATTS/ SPEED/ RPM** start to count up (Figure 17).
- 2 Whenever there is Pulse signal input, will light up and symbol will flash and display pulsevalue (Figure 18). Without pulse input, it will display "P" (Figure 17).
- 3 No signal input for 30s, buzzer sounds 1 short beep and enter to Wake-up mode. Press any to wake up the console.
- 4 Press **START** key once to pause training, Buzzer will sound for 0.5s in every 30s. All values are displaying on LCD and flashing in every 4s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press **START** to resume workout.
- 5 Press **STOP** key, **TIME** will display total workout time; **DISTANCE** will display total workout distance; **CALORIES** will display total consumption during workout; **WATT, SPEED** and **RPM** will switch to display **AVG. & MAX.PULSE** window will switch to display 65%, 85% **MAX** (Figure 21~23) each 5s.
- 6 With pulse signal input, **PULSE** window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).
- 7 Press any **PROGRAM** key then perform the program accordingly.

3.2 Interval 20/10 mode:

- 1 Press **INIERVAL** key to select **INTERVAL20/10**, press **ENTER** then **INTERVAL20/10** will light up, alongwith a long sound for 1s.
- 2 Cycle time counts down from 3 to 0 then console start, meanwhile buzzer beeps once per second and **READY** flashes once per second, counting displays '00/08'(Figure 24).
- 3 Cycle time counts down from 20 to 0 and **WORK** flashes once per second . Meantime windows displays rotation animation and count down from 4 minutes. Then **TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED & RPM** start calculating, counting displays '01/08'(Figure 25).

- 4 Cycle time counts down from 10 to 0 and REST flashes once per second along with 10 beeps(Figure 26), meanwhile READY will flash in last 3s (Figure 27).
- 5 The above ③&④ continue cycle counting and add 1 per each cycle,until displays 08/08WORK, then go to End page.
- 6 Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s in every 30s. All values are displaying on LCD and flashing in every 4s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- 7 Press STOP or end up training, buzzer beeps 1s then displays TOTAL TIME, DISTANCE,-CALORIES for 30s, and WATT, SPEED & RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.
- 8 With pulse signal input, PULSE window will display user actual pulse and 65%, 85% MAX (Figure 21~23). Pulse window displays nothing if no pulse signal input (Figure 19~20).
- 9 Press any PROGRAM key then perform the program accordingly.

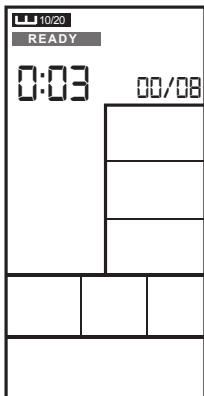


Figure 24

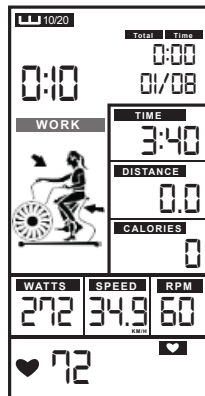


Figure 25

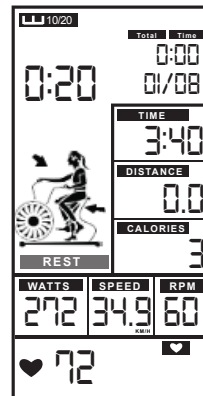


Figure 26

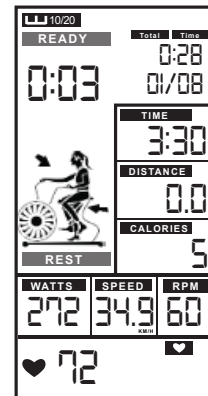


Figure 27

3.3 Interval 10/20 mode:

- 1 Press INTERVAL to select INTERVAL10/20, press ENTER then INTERVAL10/20 will light up along with buzzer beeps 1s.
- 2 Cycle time counts down from 3 to 0 then console start, meanwhile buzzer beeps once per second and READY flashes once per second, counting displays '00/08'(Figure 28).
- 3 Cycle time counts down from 10 to 0 and WORK flashes once per second . Meantime REMAINING will light up and count down from 4 minutes. Then TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED & RPM start calculating, counting displays '01/08'(Figure 29)

- 4 Cycle time counts down from 20 to 0 and REST flashes once per second along with beeps (Figure 30), meanwhile READY will flash in last 3s(Figure 31).
- 5 The above ③&④ continue cycle counting and add 1 per each cycle, until displays 08/08 WORK, then go to End page
- 6 Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s in every 30s. All values are displaying on LCD and flashing in every 4s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- 7 Press STOP or end up training, buzzer beeps 1s then displays TOTAL TIME, DISTANCE,-CALORIES for 30s, and WATT, SPEED & RPM will switch to display AVG. & MAX. .PULSE window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.
- 8 With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).
- 9 Press any PROGRAM key then perform the program accordingly.

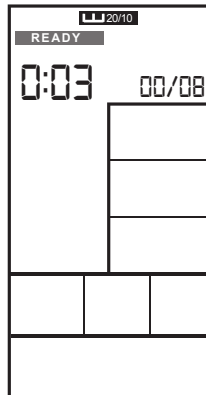


Figure 28

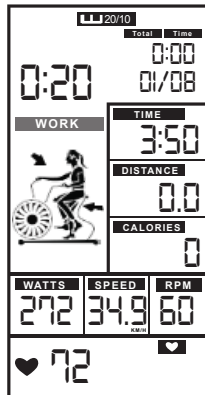


Figure 29

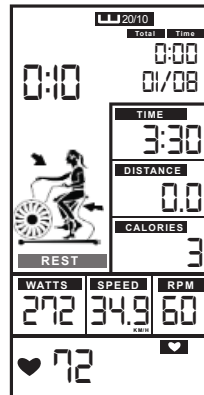


Figure 30



Figure 31

3.4 Interval Custom:

- 1 Press INTERVAL to select INTERVAL CUSTOM, press ENTER to enter into this mode then INTERVAL CUSTOM 00/XX flashes to be set along with buzzer beeps 1s. Press UP/DOWN to set 00/XX within 1~99 Circularly. Press ENTER to confirm along with
- 2 The TIME continues lighting up, WORK and 0:01 will flash, press UP/DOWN to set training time within 0:00~9:59 circularly (Figure 33). Press ENTER to confirm along with buzzer beeps 1s and INTERVAL CUSTOM continues lighting up.

- 3 The TIME continues lighting up, REST will flash, press UP/DOWN to set rest time 0:01~9:59 circularly (Figure 34). Press ENTER to confirm along with buzzer beeps 1s and INTERVAL CUSTOM continues lighting up.
- 4 Cycle time counts down from 3 to 0 then console start, meanwhile buzzer beeps once per second and READY flashes once per second, counting displays '00/XX'(Figure 35).
- 5 Cycle time counts down from the preset total time and WORK flashes once per second . Then TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED & RPM start calculating, counting displays '01/XX'(Figure 36).
- 6 Cycle time counts down from and REST flashes once per second along with buzzer beeps(Figure 37), meanwhile READY will flash in last 3s(Figure 38).
- 7 The above ③&④ continue cycle counting and add 1 per each cycle, until the WORK setting value finished then go to End page.
- 8 In WORK mode, buzzer beeps 1s then enter into wake up mode if no any signal inputs within 30s.
- 9 Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s in every 30s. All values are displaying on LCD and flashing in every 4s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume
- 10 Press STOP or end up training, buzzer beeps 1s then displays TOTAL TIME, DISTANCE, CALORIES for 30s, and WATT, SPEED & RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.
- 11 With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).
- 12 Press any PROGRAM key then perform the program accordingly.

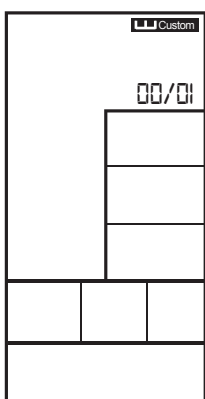


Figure 32

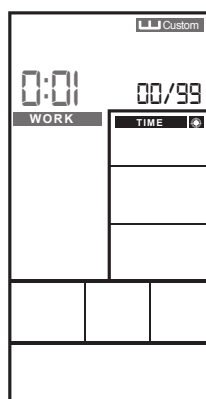


Figure 33

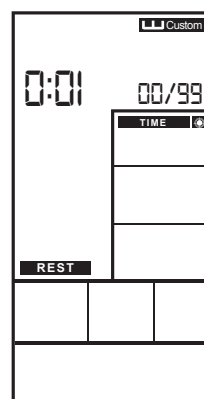


Figure 34

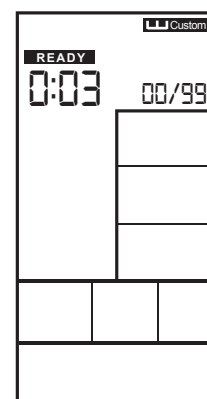


Figure 35

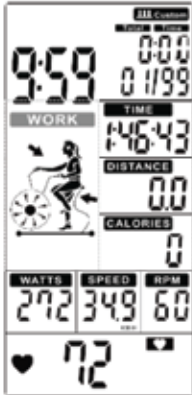


Figure 36

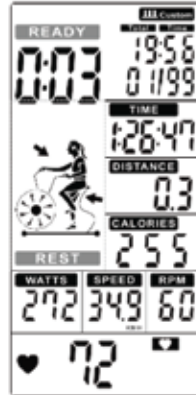


Figure 37

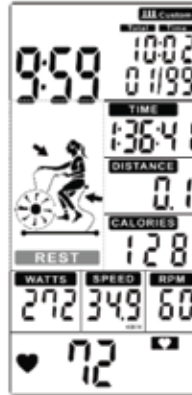


Figure 38

3.5 Target Time mode:



- 1 In Standby mode, press Target Time key and. TIME  will light up, along with a long sound for 1s.
- 2 TIME value is flashing, press UP and DOWN to adjust value (Figure 39) and press ENTER to confirm meanwhile buzzer beeps 1s and TIME  lasting lighting up.
- 3 Preset TIME value counts down , DISTANCE, CALORIES, WATTS, SPEED, RPM start to count up. (Figure 40)
- 4 Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s per second within 30s. All values are displaying on LCD and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- 5 No signal inputs for 30s, buzzer sounds 1 short beep and enter to Wake-up mode.
- 6 Press STOP or end up training, TIME will display total workout time; DISTANCE will display total workout distance; CALORIES will display total consumption during workout; WATT, SPEED and RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.
- 7 With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).
- 8 Press any PROGRAM key then perform the program accordingly.



Figure 39



Figure 40



Figure 41



Figure 42

3.6 Target Distance mode:

- 1 In Standby mode, press Target Distance key and DISTANCE will light up, along with a long sound for 1s.
- 2 DISTANCE value is flashing, press UP and DOWN to adjust (Figure 41). Press ENTER to confirm meanwhile buzzer beeps 1s and DISTANCE lasting lighting up.
- 3 Preset DISTANCE value counts down , TIME, CALORIES, WATTS, SPEEED, RPM start to count up. (Figure 42)
- 4 Press START button once enter into PAUSE mode,Buzzer will sound for 0.5s per second within 30s. All values are displaying on LCD and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- 5 No signal input for 30s, buzzer sounds 1s and enter to Wake-up mode.
- 6 Press STOP key or end up training, TIME will display total workout time; DISTANCE will display total workout distance; CALORIES will display total consumption during workout; WATT, SPEED and RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.
- 7 With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).
- 8 Press any PROGRAM key then perform the program accordingly.

3.7 Target Calories mode:


- 1 In Standby mode, press Target Calories key and CALORIES  will light up, along with a long sound for 1s.
- 2 CALORIES value is flashing, press UP and DOWN to adjust (Figure 43). Press ENTER to confirm meanwhile buzzer beeps 1s and CALORIE lasting lighting up
- 3 Preset CALORIES value counts down , TIME, DISTANCE, WATTS, SPEED & RPM start to count up.(Figure 44)
- 4 Press START button once enter into PAUSE mode,Buzzer will sound for 0.5s per second within 30s. All values are displaying on LCD and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- 5 No signal input for 30s, buzzer sounds 1s and enter to Wake-up mode.
- 6 Press STOP key or end up training, TIME will display total workout time; DISTANCE will display total workout distance; CALORIES will display total consumption during workout; WATT, SPEED and RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.
- 7 With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).
- 8 Press any PROGRAM key then perform the program accordingly.



Figure 43

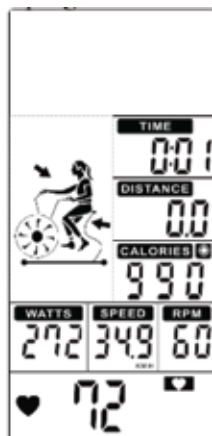


Figure 44

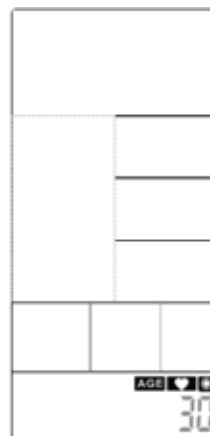


Figure 45

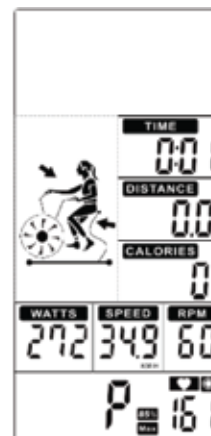










Figure 46

Target HR mode:

- 1 In Standby mode, press Target Heart-Rate key and   will light up, along with along sound for 1s.
- 2 AGE value is flashing, press UP and DOWN to preset your Age (Figure 45). Press ENTER to confirm along with buzzer beeps 1s and  and HEART RATE last lighting up.
- 3 When start workout, MAX HR lights up, 65% & 85% Heart rate will switch to display. TIME/ DISTANCE/ CALORIES/ WATTS/ SPEED/ RPM will calculate workout value (Figure 46).
- 4 When Heart Rate goes below to 65%,  &  & value will flash. And buzzer sounds in every 10s until user HR achieve above 65% (Figure 47).
- 5 When Heart Rate exceeds to 85%,  &  & value will flash. And buzzer sounds in every 10s until user HR goes below 85% (Figure 48).
- 6 When Heart Rate goes between 65% ~ 85%, only  will flash (Figure 49).
- 7 No signal input for 30s, buzzer sounds 1 short beep and enter to Wake-up mode.
- 8 Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s per second within 30s. All values are displaying on LCD and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- 9 Press STOP again or end up training in 15s, TIME will display total workout time; DISTANCE will display total workout distance; CALORIES will display total consumption during workout; WATT, SPEED and RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.
- 10 With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).
- 11 Press any PROGRAM key then perform the program accordingly.

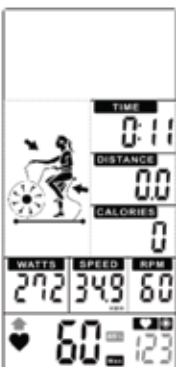


Figure 47

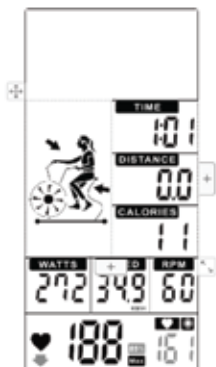


Figure 48



Figure 49

Option Setting :

Setting mode

- 1 Hold on START&ENTER key for 2s, buzzer will sound 1 long beep. SPEED keep lighting up, M/H,KM/H flash once per second (Figure 50~51).
- 2 Press UP or DOWN to select KM/H or M/H, press ENTER to confirm then skip to Standby mode.
- 3 No action to console for 30s, it will go to Standby mode

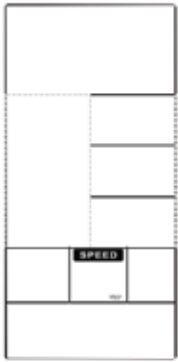


Figure 50

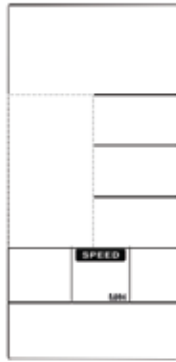


Figure 51

Reset mode

- 1 In any mode, press STOP for 2s, system will do TOTAL RESET.
- 2 LCD flash in every 2 seconds, buzzer sound for 2 seconds
- 3 Reverse to Standby page, all setting resume to preset value.

Sleeping mode

- 1 In Standby mode, if no key press/RPM/pulse input for 30s, console will go to SLEEPING mode.